

Session 6

Session Brief

A- 10 Sets:

5s Hollow Hold - 10 Flutter Kicks - Crocodile Roll - 10 Arch Rocks

Watch Hollow Hold Watch Crocodile Rolls Watch Arch Rocks

5 sets as described

5 sets in reverse order

Flutter kicks = Full hollow shape, small kicks of the legs like in a swimming pool!
both legs = 1 rep

Start the complex in the Full Hollow position; maintaining shape, perform flutter kicks, then a crocodile roll over into arch. Immediately finish with Arch rocks before resting.

Scaling:

Hollow - Arch only (both ways)

Holds with no transitions

B- Accumulate 20 reps:

Strict Wall Facing HSPU

Watch Strict Wall Facing HSPU

2s lean

5s descent

3s in headstand

The focus is control! Scale the eccentric seconds appropriately, to keep the movement strict and in a hollow shape. If you want a challenge, ensure your feet are off the wall from the moment you bend the arm for the descent.

Scaling:

Eccentric portion only

Standard HSPU

Pike Press Ups **Watch Pike Press Ups**

C- Accumulate 20 reps:

Hollow Press Up

Watch Hollow Press Up

1s at top

2s descent

5s at bottom

The bottom position is chest and thighs hovering just off of the ground, in a full hollow shape. Don't let the stomach or hips lose tension and fall to the ground!

Scaling:

Eccentric portion only - amend numbers according to ability eg; longer descent 0 bottom

D- Accumulate 80 reps:

Pike Pulses

Watch Pike Pulses

Aim to have your hands in front of knees, and minimal upper body movement.

Scaling:

Straddle position - hands either side of a single leg to perform single leg pulses

Hands closer to hips = easier