

Session 7

Session Brief

A- Accumulate 15 reps:

Wall Climbs

Watch Wall Facing Handstand Hold

Wall Climb = Beginning face down on the floor, toes to wall. Begin walking feet up and hands in until you achieve the wall facing Handstand Hold (video). Maintain hollow shape as you walk hands out and drag pointed toes down the wall!

5s at the top.

Scaling:

Only walk as high as comfortable

B- EMOM 10:

20s Bench Assisted Handstand Hold

Watch Bench Assisted Handstand Hold

20s upside down.

Get creative with a bench substitute whilst stuck at home; you just require a sturdy flat surface to block the forearm! Otherwise go unequipped and practice freestanding.

Scaling:

Wall climb as high as possible and maintain position for 20s - push the height.

C- 6 sets:

4 Kipping Handstand Push Ups + 5 Hollow Press Ups

[Watch Kipping HSPU](#) [Watch Hollow Press Up](#)

2s lean

5s descent

fast up

Superset. Utilise the Hollow press up and some resistance to fatigue training. Maximum control and quality on the kipping HSPU descent to promote proper movement mechanics in workouts, then immediately into the hollow press up for pressing volume.

Scaling:

Eccentric portion only; Max decent 5s

Pike Press Up [Watch Pike Press Ups](#)

Eccentric hollow press ups

D- Accumulate 100 reps:

Flutter Kicks

[Watch Full Hollow](#)

Try for one big set - don't let the hollow shape suffer, shoulders up high. Legs remain long and low for kicks, a small fast movement.