

# Session 8

## Session Brief

**A- Alternating Tabata:**

**Tuck Hollow - Arch - Full Hollow - Arch Rocks**

[Watch Tuck Hollow](#) [Watch Arch Hold](#) [Watch Hollow Hold](#) [Watch Arch Rocks](#)

20s work, 10s rest, next movement. Rotate every 20s until each movement has been completed twice.

By switching between an extended and flexed midline position, you should be able to maintain quality tissue tension throughout.

**Scaling:**

*No Arch rocks*

*Invert timings (10s work 20s rest)*

**B- 5 sets:**

**30s Headstand Hold**

[Watch Headstand Hold](#)

Primary goal is achieving a significant virtuous lean.

Continue to squeeze butt in order to keep hips open; it is a full body lean. The transfer of weight should light up the delts and triceps. Enough of a lean will render the head weightless - a prerequisite to a freestanding strict HSPU.

**Scaling:**

*Frog stand*

*Free practice*

**C-** Accumulate 20 reps:

### ***Pike Press Ups***

Watch [Pike Press Ups](#)

3s lean

5s descent

fast up

The higher the hips, the more inverted and stacked up you will be. Tuck the head under and come up onto the very tops of your toes, keeping the elbows tucked in rather than allowing them to flare out.

#### ***Scaling:***

*Perform the eccentric portion only, maximum of 7s descent*

**D-** Accumulate 2 minutes:

### ***Tuck Handstand Hold***

Facing away from the wall, tip toes on the wall. Push up tall and keep the arms locked out. Look to tuck the pelvis under slowly to start bringing the feet off the wall, into a freestanding tuck HS balance!

#### ***Scaling:***

*Wall facing, wall climb up as far as comfortable, then bring legs into tuck as much as possible*

**E-** Accumulate 100 reps:

### **Sit Ups**

Standard Sit up, one continuous set.