

# Session 9

## Session Brief

**A- 6 sets:**

**10s Full Hollow - 10 Hollow Rocks - Crocodile Roll - 10s Arch Hold - 10 Arch Rocks**

[Watch Full Hollow](#)   [Watch Hollow Rocks](#)   [Watch Crocodile Roll](#)

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

3 sets as above, 3 sets reverse.

Don't allow quality of shapes to slack under fatigue, scale reps or or seconds to achieve solid midline compression throughout.

### ***Scaling:***

*Single Leg Full Hollow*

*Increase Hollow Hold/Arch Hold and remove rocks*

**B- Reverse Tabata:**

### ***Pike Pulses***

[Watch Pike Pulses](#)

8 rounds: 10s on 20s off.

Strict leg movement; the upper body should remain still, hands as close to/as far past your knees as possible.

### ***Scaling:***

Single leg Pike Pulses, alternate legs each set

**C-** Accumulate 20 reps:

### **Press to Headstand Hold Complex**

#### **Watch Headstand Hold**

Press to headstand - 5s yoga headstand - 10s virtuous lean - 5s yoga headstand

See session brief for a specific demo!

Measure out your cubit distance hand spacing and create a triangle with head and hands. Butt to sky, walk feet up to hands in a straddle position. Press through hands and lean towards head to lift legs off the ground to headstand. After complex, straddle legs overhead and control descent of legs back to the ground!

#### **Scaling:**

*Add a jump with the feet in straddle to overcome inertia*

*Frog stand*

*Pike Press up (bottom position) - **Watch Pike Press Up***

**D-** 6 sets:

### **2 Pike Press Ups - Feet elevated**

#### **Watch Pike Press Up**

2s Lean

7s Descent

Fast Up

Elevating the feet should allow the hips to stack over the shoulders to a greater degree, increasing the load. Use a chair or sofa etc. or the feet, and really control down for the full 7s!

#### **Scaling:**

*Eccentric portion only*

*Hollow Press Up/Eccentric* *Watch Hollow Press Up*