

Tops Week Commencing 11th May – complete at least 3 times this week

Squad 1

- 30 straddle ups
- 10 x handstand hold on blocks as long as possible
- 10 x shoulder stand rock to straddle hold, hold for 3 seconds
- 10 x 30 second pike
- 10 controlled straddle down hold for 10 at the bottom
- 10 attempts at tuck planche – maximum hold
- 10 attempts at 2 on 1 straddle down on floor
- 100 pike leg lifts
- 10 x 10 seconds 2 on 1 straddle

Squad 2

- 10 straddle ups
- 20 elephant ups
- 10 x handstand hold attempts on blocks
- 10 x shoulder stand rock to straddle hold, hold for 3 seconds
- 10 attempts at 2 on 1 straddle down on floor
- 10 attempts at tuck planche – maximum hold
- 100 straddle leg lifts each way
- 10 x 10 seconds 2 on 1 straddle

Squad 3

- 10 straddle ups
- 30 elephant ups
- 10 x shoulder stand rock to straddle hold, hold for 3 seconds
- 10 x 30 second pike on blocks
- 10 x 10 seconds 2 on 1 straddle
- 100 straddle leg lifts each way
- 100 pike leg lifts