

## **Tops Week Commencing 29<sup>th</sup> June – complete at least 3 times this week**

### **Squad 1**

30 straddle ups (as many as you can in a row)  
10 x handstand hold on blocks as long as possible  
20 x elephant stand down to straddle lever  
10 x 10 2 on 1 straddle leg lifts on blocks  
10 x ring attempts  
10 x 30 second pike lever  
5 x 10 planche leans by a wall  
10 x straddle to croc  
10 x straddle to pike keeping straight legs

### **Squad 2**

20 straddle ups  
20 elephant ups  
10 x handstand hold attempts on blocks  
20 x elephant stand down to straddle lever  
10 x 10 2 on 1 straddle leg lifts on blocks  
10 x straddle to croc  
10 x 30 second pike lever  
10 x straddle to pike keeping straight legs

### **Squad 3**

10 straddle ups  
20 elephant ups  
20 x elephant stand down to straddle lever  
10 x 10 sec straddle  
10 x 30 second pike lever  
10 x straddle to pike keeping straight legs  
20 swim throughs