

Tops Week Commencing 20th April – complete at least 3 times this week

Squad 1

- 30 straddle ups
- 10 x handstand hold on blocks as long as possible
- 10 x 20 sec straddle
- 10 x 20 sec pike
- 10 x 10 sec 2 on 1 straddle
- 10 x mex
- 10 x planche
- 100 straddle leg lifts each way
- 20 elephant ups

Squad 2

- 20 straddle ups
- 20 elephant ups
- 10 x handstand hold attempts on blocks
- 10 x mex attempts
- 10 x 10 sec pike
- 100 straddle leg lifts each way
- 10 x 20 sec straddle
- 20 swim throughs

Squad 3

- 10 straddle ups
- 20 elephant ups
- 100 straddle leg lifts each way
- 10 x 10 sec straddle
- 10 x handstand hold attempt on blocks
- 10 x 10 sec pike
- 20 swim throughs