

## **Tops Week Commencing 22<sup>nd</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
- 10 x 10 straddle leg lifts on blocks
- 10 x 10 2 on 1 straddle leg lifts on blocks
- 10 x mex
- 10 x planche
- 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
- 10 x 10 straddle leg lifts on blocks
- 10 x 10 2 on 1 straddle leg lifts on blocks
- 10 x straddle to croc
- 5 x 10 planche leans by a wall
- 10 x straddle to pike keeping straight legs

### **Squad 3**

- 10 straddle ups
- 20 elephant ups
- 10 x 5 straddle leg lifts on blocks
- 10 x 10 sec straddle
- 10 x 5 pike leg lifts on blocks
- 10 x straddle to pike keeping straight legs
- 20 swim throughs