

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

Squad 1

- 30 straddle ups (as many as you can in a row)
- 5 x handstand hold by a wall as long as possible
- 10 x 20 sec straddle
- 10 x straddle to croc
- 10 x straddle to planche – maximum hold
- 10 chest balances – feet on floor if possible (hold for 10-15 seconds)
- 5 x 10 planche leans by a wall
- 10 x 10 sec 2 on 1 straddle
- 10 swim throughs

Squad 2

- 20 straddle ups
- 20 elephant ups
- 5 x handstand hold by a wall as long as possible
- 10 x 20 sec straddle
- 10 x straddle to croc
- 10 x 10 sec 2 on 1 straddle
- 10 chest balances – feet on floor if possible (hold for 10-15 seconds)
- 10 x 10 straddle leg lifts on blocks

Squad 3

- 20 elephant lifts
- 5 x handstand hold by a wall as long as possible
- 10 x 20 sec straddle
- 10 x straddle to croc
- 10 chest balances – feet on floor if possible (hold for 10-15 seconds)
- 10 x 10 straddle leg lifts on blocks
- 10 x 10 sec 2 on 1 straddle