

Tops Week Commencing 8th 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 20 sec straddle
- 30 elephant ups
- 10 x mex
- 5 x 10 planche leans by a wall
- 100 straddle leg lifts each way
- 10 x ring
- 10 x straddle to pike keeping straight legs

Squad 2

- 20 straddle ups
- 20 elephant ups
- 10 x handstand hold attempts on blocks
- 3 x 5 shoulder stand press to straddle
- 10 x 2 on 1 straddle attempts
- 100 straddle leg lifts each way
- 10 x 20 sec straddle
- 5 x 10 planche leans by a wall

Squad 3

- 10 straddle ups
- 20 elephant ups
- 100 straddle leg lifts each way
- 10 x 10 sec straddle
- 10 x straddle to pike keeping straight legs
- 5 x 10 planche leans by a wall
- 20 swim throughs