

## HSPU Programme: Part 2

**Pre-requisite:** Can perform 1 Strict HSPU to 4" Target

**Goal:** To achieve 1 Strict HSPU to full depth

**Warm Up:** 3 x 60ft Bear Crawl, 5 Pass-throughs and 10 Press Behind the Neck (PVC)  
Crossover Symmetry Activation routine  
Any additional mobility that is necessary (banded stretches / rolling etc.)

### Workouts:

#### Session A

- On the minute for 10 minutes: 1-3 Negatives to full depth. Minimum 3 second descent.
- Crossover Symmetry Iron Scap routine

Date:				
Negative HSPU				
Iron Scap (bands used)				

#### Session B

- 5 x 3-5 [L-Seated Dumbbell Press](#) @ 22X0 Tempo (2 sec down, 2 sec pause at bottom, no pause at top)
- 5 x 1-3 Wall Walks. Rest 60-90 seconds

Date:				
L-Seated DB Press (Kg & reps)				

#### Session C

- 7 x 1-3 Partner assisted Handstand Push Ups to full depth @20X1 Tempo. Attempt unassisted when ready
- 3 x 120ft Waiters Walk each arm. Rest 30 seconds between arms and 2 mins between sets

Date:				
Partner assisted HSPU				
Waiters Walk (kg & reps)				