

HSPU Programme: Part 3

Pre-requisite: Can perform 1 Strict HSPU to full depth

Goal: To achieve 3-5 Strict HSPUs

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 5 mins: 1-3 Strict Handstand Push Ups @ 20X1 Tempo
- On the minute for 5 mins: 1-3 Kipping Handstand Push Ups @ 20X1

Date:				
Strict HSPU				
Kipping HSPU				

Session B

- 5 x 8-12 (alt. arms) Wall Runs. Rest as needed. Ensure that you are in hollow body position.
- Crossover Symmetry Iron Scap routine

Date:				
HS Wall Runs				
Iron Scap (bands used)				

Session C

- 8 x 1 Strict Deficit Handstand Push Up @ 30X1 Tempo. Build depth
- On the minute for 4 minutes: 3-5 Negatives to floor. 5 second descent

Date:				
Deficit (inches)				
Negatives				