

HANDSTAND PUSHUP	HANDSTAND HOLD	WALK UP WALL	KNEES ELEVATED	STINKBUG
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From full lockout (toes on wall, elbows fully extended,) athlete lowers themselves by bending the elbows until the crown of their head touches the floor, and then presses back to full extension without driving force from the legs.



Athlete achieves a handstand (with wall support) with four points of contact: feet and hands. Athlete holds position at full lockout for as long as possible.



With hands braced on floor, facing away from wall, athlete plants one toe on the wall and walks backward, up the wall, until legs reach full extension. Then they walk their hands backward, closer to the wall, until a vertical position is reached (knees not touching the wall.)



With hands braced on floor, facing away from an elevated surface (box or bench,) athlete places both knees on elevated level and presses with torso as close to vertical as possible.



Athlete places both hands on the floor, palms flat. Bending at the waist, they walk the feet toward his hands until the knees can no longer remain locked out. Pivoting on the ball of his foot, they lower their body with the arms ONLY until the top of the head touches the floor, and presses back up to full elbow extension without flexing the knees.



	1:00 after flip up	Up and hold for :30	10 in a row.	10 straight.
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