

Straddle Planche

Complete 2 Rounds of the Circuits with 90 Second Rest Intervals

Before beginning the Straddle Planche Programme, you must be able to perform the following exercises:-

Tuck Top Planche 20 Secs, Straddle ½ Lever 20 Secs, Free Handstand 20 Secs

Level 1

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| 1. Straddle Heel Drive Hold Over Block | 20 Secs |
| 2. Diamond Tuck Top Planche | 15 Secs |
| 3. Straddle Planche Leans (feet raised) | X10 |
| 4. Arch Hold | 1 Minute |

Level 2

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| 1. Tuck Top Planche, Single Leg Extended | X2 Each Side - Hold 3 Secs |
| 2. Straddle Heel Drive Hold Over Block - Open & Close | X15 |
| 3. Straddle Planche with Hips in Elastic | 15 Secs |
| 4. Straddle ½ Lever Press to Front Support on Block | X5 |

Level 3

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| 1. Straddle Planche Bum to Wall | 20 Secs |
| 2. Straddle ½ Lever Press to Straddle Planche on Platform or Parallettes | X5 |
| 3. Rocks from Straddle Sit to Box Splits (Chest Up) | X10 |
| 4. Tuck Planche to Straddle Planche | X5 |
| 5. Slow Negatives from Handstand | X5 |