

Tuck Top Planche

Programme Level 1 - 3 Rounds

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| 1. Front Support Rocking | X10 |
| 2. Standing Shoulder Openers with Elastic | X15 |
| 3. Squat Thrust Jumps on Parallettes | X10 |
| 4. Tuck Lever on Parallettes | 15 Secs |
| 5. Squat Thrust Slides on Fitball | X10 |
| 6. Tuck Top Planche with Feet on Solid Platform | 30 Secs |

Programme Level 2 - 3 Rounds

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| 1. Tilted Front Support with Feet Raised | 20 Secs |
| 2. Shoulder Openers with Dumbbell (Against Wall) | 20 Secs |
| 3. Squat Thrust Slides on Floor | X10 |
| 4. Tuck Lever Rocks on Parallettes | X10 |
| 5. Planche Bounces | X10 |
| 6. Tuck Top Planche on Elastic | 30 Secs |

Programme Level 3 - 3 Rounds

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| 1. Feet Raised Tuck Top Planche Rocks | X10 |
| 2. Front Raise Isometric Hold (Against Wall) | 20 Secs |
| 3. Tuck Lever to Tuck Top Planche on Parallettes (hold each 3 secs) | X3 |
| 4. Lift to Tuck Top Planche on Raised Surface (hold each 3 secs) | X8 |
| 5. Max Hold Tuck Top Planche Attempts | X3 |