

V-Lever

Complete 3 Rounds with 60-90 Rest Between Exercises.

V-Lever Workout

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| 1. Standing Pike Fold | 30 Seconds |
| 2. Tucked Bum Shuffle Walks | X10 |
| 3. ½ Lever Leg Lifts | X8-10 (hold last 5 Secs) |
| 4. Lifts to V-Lever on Boxes or P-bars | X5 |
| 5. V-Sit to V-Lever | X10 (hold last 5 Secs) |
| 6. Seated Pike Fold with Flexed Feet | 30 Seconds |
| 7. Straddle V-Lever Held | 10 Seconds |
| 8. V-Sits with Legs Inverted | X10 (hold last 10 Secs) |
| 9. Single Leg Extensions | 6 (hold each 3 secs) |
| 10. V-Lever Held | Max Attempt |