

Handstand Push Ups	Homework #1 3 rounds: 5 tempo box handstand push ups 100' db overhead walk rest as needed between rounds or 3 rounds: 5 tempo dumbbell strict press 100' db overhead walk rest as needed between rounds Tempo: 5 second descent, 5 second pause, explode upwards DB walk: Two moderately heavy dumbbells, elbows straight	Homework #2 3 rounds: 15 dumbbell thrusters, moderate weight, unbroken directly into: max handstand hold rest at least 1 minute between rounds or 3 rounds: 15 dumbbell thrusters, moderate weight, unbroken directly into: max box pike hold with extended leg rest at least 1 minute between rounds Hold: Keep track of your handstand hold times and retest throughout the Cup.	Homework #3 2 rounds: 90 sec banded foam roller wall slides 20 steps theraband lateral plank crawls 20 steps back 3 theraband around the worlds followed by: 10 wall walks Wall slides: https://www.youtube.com/watch?v=H9ITZbT8PY Plank crawls: https://www.youtube.com/watch?v=2s6W71MEhQ Around the worlds: https://www.youtube.com/watch?v=QwDae4zA0d4	Homework #4 10 rounds: 10 sec handstand hold 1 tempo handstand push up negative, including knees down to launch position 10 sec active hold in the launch position or 8 minutes of handstand kick up practice Tempo: 3 sec descent to headstand 5 sec descent to launch	Core	Homework #1 1 min hollow hold 20 hollow body rocks rest 2 minutes 50 sec hollow hold 15 hollow body rocks rest 2 minutes 40 sec hollow hold 10 hollow body rocks Hollow Rock: https://www.youtube.com/watch?v=7DZv1f6dJ	Homework #2 100 sit ups for time This is a benchmark that you can track in Wodify. In the app, click Menu, Add Results, Custom WOD, search "100 Sit ups," click it, add your score Feel free to retest throughout the Cup. Not eligible for PR points unless it's programmed. Which maybe it will be...	Homework #3 4 rounds: 1:00 plank hold 14 v-ups or 4 rounds: 1:00 banded plank hold 20 v-ups Banded plank hold: https://www.youtube.com/watch?v=1f1_e2VWg0E V-ups https://www.youtube.com/watch?v=7UVgs18Y1P4	Homework #4 5 rounds: 4 around the worlds 15 sec L-sit hold Around the worlds: https://www.youtube.com/watch?v=ny2pocrtAJ (watch the whole video, we get a lot of our stuff from Pam and hopefully her words sound familiar)
	Homework #1 4 rounds: 10 banded hollow body pvc lat pull downs 45 sec per side, supine hamstring stretch 10 max toe height beat swings Lat Pull Down: (this should be familiar, we do it a lot) https://www.youtube.com/watch?v=N_eSeUq8KA Supine Hamstring Stretch: https://www.youtube.com/watch?v=UuNc_M2VvUu	Homework #2 3 rounds: 15 prone bench overhead weighted pvc raises 30 sec superman hold 30 sec hollow body hold PVC raises: (he's not on a bench, but you should be) https://www.youtube.com/watch?v=7CQ58hauks only add weight (2.5# or 5# max) if this is easy and pain free	Homework #3 5 rounds: 12 banded hollow body pvc lat pull downs 6 strict toes as high as you can 6 strict toes as high as you can Lats lats lats lats lats lats	Homework #4 4 rounds: 16 v-ups 8 max toe height beat swings V-ups https://www.youtube.com/watch?v=7UVgs18Y1P4		Homework #1 Accumulate 500' plate pinch farmer's carry. Must have at least two plates per hand Immediately into: 6 banded pvc wind ups per direction - rest as necessary between reps 300 feet: Four mats down and back the long way (mats are 6'x4') is roughly 50 feet. So 6 laps, or 12 lengths of the room. Wind ups: (this was the best video I could find. Use a PVC, a red band and a 2.5# plate. Roll up, control the descent, and roll in the other direction.) https://www.youtube.com/watch?v=Hj-CRk7-M4	Homework #2 3 rounds: 20 forearm curls 1 minute ascending wrist stretch on wall Immediately into: max active hang - make sure it's a meaty grip Forearm curls: https://www.youtube.com/watch?v=mglyDf-P8kY Wrist stretch: (you can do both arms at once) https://www.youtube.com/watch?v=ob877Skaw Meaty grip: https://www.instagram.com/p/B7XQDu6G0k/	Homework #3 3 rounds: 30sec active hang 100' bottoms up kettlebell carry (50' per side) Bottoms up: https://www.youtube.com/watch?v=7y1zhGWOs	Homework #4 2 rounds: 8 banded pvc wind ups Max plate pinch hold Plate pinch: https://www.youtube.com/watch?v=mtPCXVM_5Q Choose plates you can hold for at least a minute.
Toes to Bar	Homework #1 4 rounds: 10 banded hollow body pvc lat pull downs 45 sec per side, supine hamstring stretch 10 max toe height beat swings Lat Pull Down: (this should be familiar, we do it a lot) https://www.youtube.com/watch?v=N_eSeUq8KA Supine Hamstring Stretch: https://www.youtube.com/watch?v=UuNc_M2VvUu	Homework #2 3 rounds: 15 prone bench overhead weighted pvc raises 30 sec superman hold 30 sec hollow body hold PVC raises: (he's not on a bench, but you should be) https://www.youtube.com/watch?v=7CQ58hauks only add weight (2.5# or 5# max) if this is easy and pain free	Homework #3 5 rounds: 12 banded hollow body pvc lat pull downs 6 strict toes as high as you can 6 strict toes as high as you can Lats lats lats lats lats lats	Homework #4 4 rounds: 16 v-ups 8 max toe height beat swings V-ups https://www.youtube.com/watch?v=7UVgs18Y1P4	Grip	Homework #1 3 rounds: 15 banded tricep pull downs max unbroken chin ups or 3 rounds: 15 banded tricep pull downs max unbroken toe assisted chin ups Banded tricep pull down: https://www.youtube.com/watch?v=N_8uA4Z_I Chin up: https://www.youtube.com/watch?v=QJQM_GaZ-yJ	Homework #2 1-2-3-4-5-6-7-8-9-10 unbroken bicep curls 1R, 1L, 2R, 2L, 3R, etc. you can break between sets, but the sets themselves must be unbroken Bicep Curls: (she's doing 2 at once, you can do 1 or 2) https://www.youtube.com/watch?v=7_8p5X7s	Homework #3 5 rounds: 8 seated dumbbell overhead tricep extensions 1 single chin up, as slowly as possible - band if necessary, aim for 10 seconds up and 10 seconds down Seated overhead tricep extensions https://www.youtube.com/watch?v=BUVZDpd0	Homework #4 2 rounds: 12 hammer curls per side, light weight 8 hammer curls per side, moderate weight 4 hammer curls per side, heavy weight Hammer curl: https://www.youtube.com/watch?v=P5oXHLm3mIM
Pull Ups	Homework #1 3 rounds: 45 sec per side lookaway stretch 15 seated banded pull downs 15 max height beat swings - as always, meaty grip, knees straight, pointy toes Seated banded pull down: https://www.youtube.com/watch?v=1TV55SY9H7g	Homework #2 3 rounds: 15 banded paasthroughs max unbroken box assisted pull ups rest 90 sec between rounds - go to failure: use your toes juuustt enough to accumulate 6-12 reps per round	Homework #3 4 rounds: 20 sec ring row hold, active lat engagement Rest 15 seconds 5 tempo ring rows Then, 4 sets: 8 max height beat swings Ring row hold: - palms face toes, driving rings down towards toes Tempo: - 5 sec ascent, 3 sec pause, 5 sec descent	Homework #4 Accumulate 30 hollow body banded lat pull downs Then, 3 rounds: 12 box assisted jumping beat swings 12 box assisted jumping pull ups - get your chin over the bar, and push away to initiate the next rep. Try to chain the 12 reps together 3 pull up negatives Box assist jumping beat swings and pull ups: https://www.instagram.com/p/B3uwn_8ag5U/	Bi's and Tri's	Homework #1 3 rounds: 15 banded tricep pull downs max unbroken chin ups or 3 rounds: 15 banded tricep pull downs max unbroken toe assisted chin ups Banded tricep pull down: https://www.youtube.com/watch?v=N_8uA4Z_I Chin up: https://www.youtube.com/watch?v=QJQM_GaZ-yJ	Homework #2 1-2-3-4-5-6-7-8-9-10 unbroken bicep curls 1R, 1L, 2R, 2L, 3R, etc. you can break between sets, but the sets themselves must be unbroken Bicep Curls: (she's doing 2 at once, you can do 1 or 2) https://www.youtube.com/watch?v=7_8p5X7s	Homework #3 5 rounds: 8 seated dumbbell overhead tricep extensions 1 single chin up, as slowly as possible - band if necessary, aim for 10 seconds up and 10 seconds down Seated overhead tricep extensions https://www.youtube.com/watch?v=BUVZDpd0	Homework #4 2 rounds: 12 hammer curls per side, light weight 8 hammer curls per side, moderate weight 4 hammer curls per side, heavy weight Hammer curl: https://www.youtube.com/watch?v=P5oXHLm3mIM
Chest to Bar Pull Ups	Homework #1 5 rounds: 8 hip bridges (crab walk stretch) 8 seated banded pull downs to chest 3 pull up negatives (starting with chest touching) Pull up negatives: https://www.youtube.com/watch?v=QspF3Kx0gE	Homework #2 3 rounds: 15 banded paasthroughs max unbroken box assisted chest to bar pull ups rest 90 sec between rounds - go to failure: use your toes juuustt enough to accumulate 6-12 reps per round - of course, make sure your chest touches the bar somewhere below your clavicle	Homework #3 4 rounds: 20 sec ring row hold, active lat engagement 10 beat swings 5 banded strict chest to bar pull ups - band so that the 5 c2b reps can be unbroken	Homework #4 Accumulate 30 hollow body banded lat pull downs Then, 3 rounds: 12 box assisted jumping beat swings 12 box assisted jumping chest-to-bar - make contact with the chest, and push away to initiate the next rep. Try to chain the 12 reps together Rest 1:00 between sets	Squat Mobility	Homework #1 2 rounds: 45 sec per side, bent knee calf stretch on post 45 sec per side, figure 4 glute stretch Immediately into: 20 moderate goblet squats, 3 second descent, 1 sec up rest 1:00 30 air squats for quality, not speed Figure 4 glute stretch: https://www.youtube.com/watch?v=8d52OIC9wM4	Homework #2 3 rounds: 1:00 pigeon per side 30 sec moderate goblet squat hold Then: 2 rounds: 10 plate squats, arms extended 15 sec extended arm plate hold at bottom Plate Squats: https://www.youtube.com/watch?v=8uam20YAg	Homework #3 2:00 supine banded wall squat 90 sec per side, crossed legged banded wall squat Immediately into: 20 moderate goblet squats, 3 second descent, 1 up rest 1:00 30 air squats for quality, not speed Supine banded wall squat: https://www.youtube.com/watch?v=8uam20YAg	Homework #4 2 rounds: 2:00 per side, barbell calf smash 2:00 tactical frog hold 1:00 heavy goblet squat hold Tactical Frog Hold: https://www.youtube.com/watch?v=psZNY5e0rE
Bar Muscle Ups	Homework #1 Accumulate 30 hollow body banded lat pull downs Then, 4 rounds: 8 straight arm box jumps 8 straight arm jumping bar muscle ups 4 bar dips Both jumps and jumping muscle ups: https://www.instagram.com/p/B5_8faA00u/	Homework #2 6 rounds: 20 sec ring row hold, active lat engagement 15 sec bar false grip hold Then, 4 complete: 3 kipping pull ups 2 kipping chest-to-bar pull ups 1 bar muscle up or attempt Pull up bar false grip: https://www.youtube.com/watch?v=stHqob-3uCa The 20 c2b can be banded or box assisted if the false grip is too challenging	Homework #3 Accumulate 30 hollow body banded lat pull downs Then, 4 complete: 3 kipping pull ups 2 kipping chest-to-bar pull ups 1 bar muscle up or attempt Hollow body banded lat pull down: https://www.youtube.com/watch?v=VMTuYQ0QJ4	Homework #4 3 rounds: 10 hip pop floor drills 10 banded pull down with hip bridge - 6 second hold at the end of the 10th pull down 5 Heavy Band Hips to bar Hip Pop floor drill: https://www.youtube.com/watch?v=4Z_lMhG5agp8c Banded pull down with hip bridge: https://www.youtube.com/watch?v=JSUedAe-H0 Heavy band Hips to bar:	Overhead Mobility	Homework #1 Stand with your back against a wall. Heels, butt and shoulders touch the wall. Start with your hands at your side, palms forward, and slowly raise them, knuckles dragging against the wall, getting your hands as close to directly overhead as you can without spreading your ribs. Take a mental note of how high you got your hands when they popped off the wall or you broke at the midline. Accumulate 3:00 foam roller thoracic opener. Retest. Accumulate 3:00 foam rolling your tats. Retest. Retest throughout the week. Thoracic Opener: https://www.youtube.com/watch?v=8agme6Nes6	Homework #2 3 rounds: 15 prone bench overhead weighted pvc raises 100' kettlebell overhead walk, 50' per side 15 pvc overhead squats, for quality, not speed Overhead KB Walks https://www.youtube.com/watch?v=ms4FvCagp	Homework #3 3 rounds: 2:00 foam roller thoracic opener 25 pvc pass throughs 10 banded overhead squats that one you all hate where you stand inside band and squat Accumulate 50 PVC overhead squats, for quality	Homework #4 3 rounds: 1:00 banded foam roller wall slides 1:00 child's pose with prop Accumulate 50 PVC overhead squats, for quality Theraband Foam Roll on wall: https://www.youtube.com/watch?v=HWTZbT8PY

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