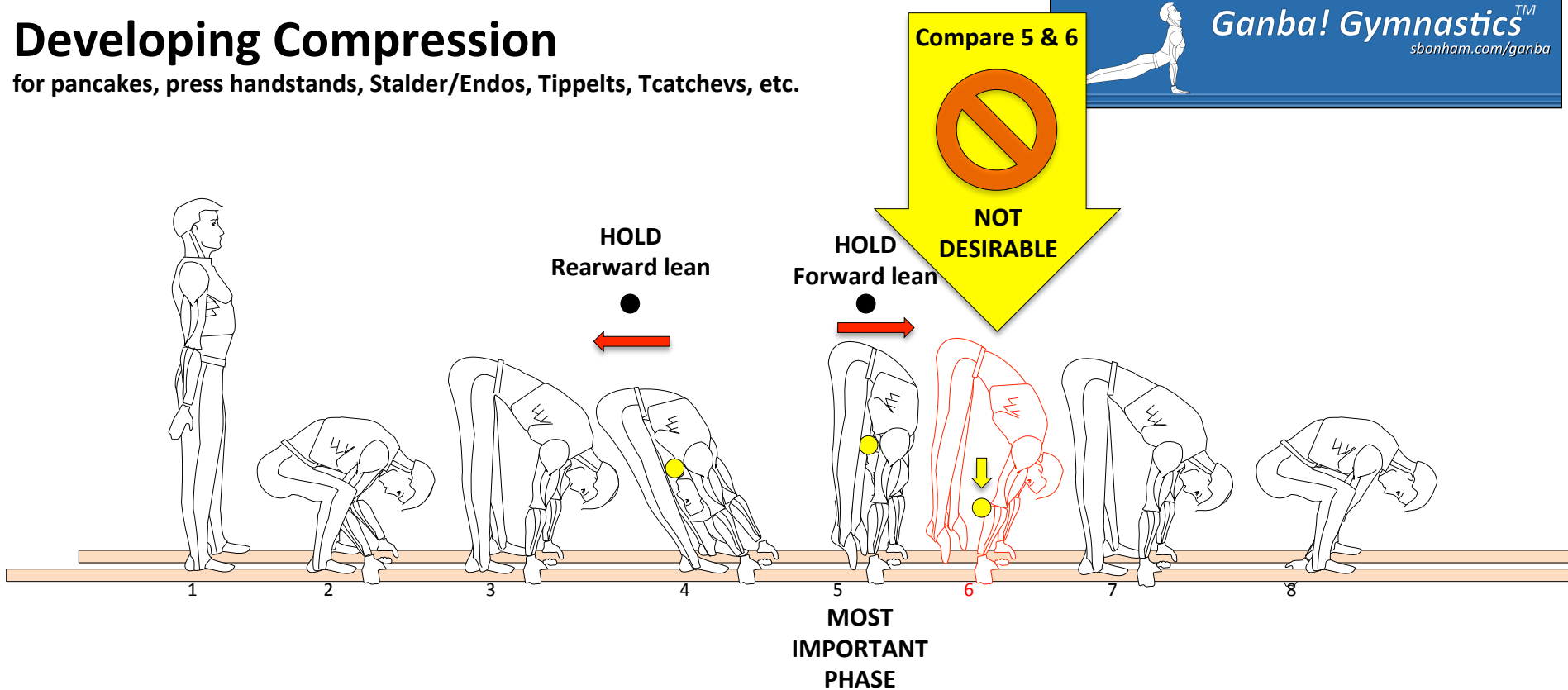


Developing Compression

for pancakes, press handstands, Stalder/Endos, Tippelts, Tcatchevs, etc.

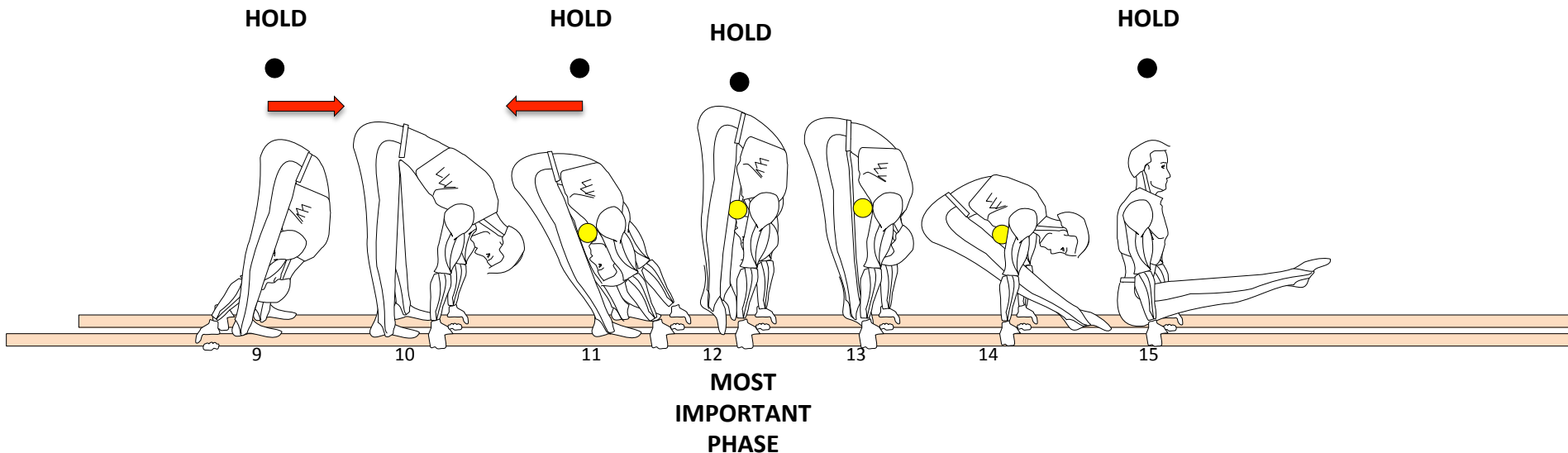


Compression (Flexibility & Strength) Sequence

1. Stand erect on P-bar rails or low P-bars rails.
2. Breathe deeply, squat deeply and grasp rails just in front of feet.
3. Extend legs and arms and
4. Exhale and shift weight rearward to compress into a very tight straddle stand. Imagine trying to fold so tightly you could hold a tennis ball between armpit and thigh. **HOLD** six seconds. When I work with guys I usually make a fist and place it between armpit and thigh and ask them to squeeze into a tight fold while leaning back and **NOT** to release my fist as they shift forward for the press action.
5. WHILE maintaining this compressed fold shift the weight forward while lifting hips – above the hands. **DO NOT DROP** the tennis ball! Rise up onto the toes. **HOLD** six seconds.
6. The most common error (planching) is illustrated – while moving from 4, opening from tight fold as the weight is shifted forward.
7. After holding at 5 - Relax and settle back onto the feet.
8. Squat deeply and reach backward between the legs pronating (turn thumbs towards each other and continue to turn inward) hands the Grasp the rails behind the feet.

Developing Compression

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Compression (Flexibility & Strength) Sequence

9. Exhale and extend the legs while shifting the weight forward towards the toes. **HOLD** six seconds. If you feel a lack of control here reach father back at 8.
 10. Relax and settle back into a piked stand. REPEAT the compression done in 4 & 5.
 11. Exhale and shift weight rearward to compress into a very tight straddle stand. Imagine trying to fold so tightly you could hold a tennis ball between armpit and thigh. **HOLD** six seconds.
 12. WHILE maintaining this compressed fold shift the weight forward - back towards the hands. **DO NOT DROP** the tennis ball! Rise up onto the toes. **HOLD** six seconds.
 13. Close the legs together and slowly lower...
 14. While maintaining compressed fold to...
 15. an L-sit. **HOLD** six seconds.
- Press or swing-press back to illustration 3 and repeat. Repeating 5 sets requires about four minutes. A straddle L or V-sit (Mann soon!) could be substituted for the L-sit to add challenge.