Climb the Inversion Ladder

Nine rungs from your first bear crawl hold to strict handstand push-ups.

This is the **Inversion Ladder**, one of TLC's four gymnastics ladders. Your coach places you on a rung and moves you up when your reps are ready. You train at your own rung, so the same class works for everyone. You build the overhead position first, then learn to control it upside down, then press.

RUNG 9	**Kipping HSPU**	Optional. Strict is the real goal.
	GATE: 3 STRICT HSPU	
RUNG 8	**Strict HSPU**	To a firm, flat target. The target gets lower as you improve.
RUNG 7	**HSPU Negative**	Lower slowly to a firm, flat target. Start high, lower it as you improve.
RUNG 6	**Kick-Up Handstand Hold**	Back to wall. Kick up with control, hold 3 × :20, come down safely.
RUNG 5	**Wall Handstand Hold**	Chest to wall, arms locked, body straight.
RUNG 4	**Wall Walk**	Partial to full. Walk up and back down with control.
RUNG 3	**Box Pike Push-Up**	Feet on the box. Lower your head toward the floor, press.
RUNG 2	**Pike Hold on Box**	Feet on a box, hips over shoulders, and hold.
RUNG 1	**Exaggerated Bear Crawl Hold**	Hips pushed high, shoulders stacked over hands.

THE TARGET

HSPUs go to a firm, flat stack (rubber tiles or a firm folded mat) set so your head just touches. The stack gets lower as you get stronger, down to the floor.

HEAD POSITION

Head and hands make a triangle, head slightly in front. Light touch, then press. Never let your weight rest on your head.

WHERE YOU'LL TRAIN IT

Saturday FAST skill block. Every Check week includes a wall handstand hold, recorded with your rung.

Neck or shoulder history? Talk to your coach before starting this ladder. Stop if anything is painful, not just hard.