



CHECKLIST

Invert readiness checklist

- ☐ Hold a pole sit for ten seconds without your grip failing

- ☐ Maintain a dead hang from the pole for twenty seconds

- ☐ Complete three sets of five hanging knee raises with control

- ☐ Hold a hollow-body position on the floor for fifteen seconds

- ☐ Engage your core before beginning the tuck phase

- ☐ Keep your elbows bent during the engagement phase

- ☐ Breathe out once your legs are extended at the top
