

The Hollow–Body Test

- Develops Total Body Tension and Enhanced Core Strength & Stability
- Testing For Time Under Tension (TUT)
- Select an exercise progression level where you can hold for at least 20 seconds and up to 60 seconds as outlined below.

L1	L2	L3	L4	L5	L6
Tucked Hollow Body Hold	Tucked Hollow Body Roll	Tucked Hollow Body Rock	Extended Hollow Body Hold	Extended Hollow Body Roll	Extended Hollow Body Rock

- Once you can perform a level successfully for one full minute then progress to the next level.