

## Welcome to Aligned!



### Before you begin...

#### Handstand Fundamentals

This section contains everything you need to know about handstand alignment.

Beware!! If you're a beginner, even being upside down is a struggle. That is absolutely fine! Handstand is a work in progress and trying to obsess and micromanage every single detail is not gonna give you any advantage. Quite the opposite - it adds onto the frustration.

So read this manual, but take it with a grain of salt for now and come back to it once you feel like you need to.

#### Hand Placement

The index finger is facing forward parallel to one another. Other fingers are placed next to each other - a common mistake is to try to spread your fingers too wide away from one another - this is not the best, as it actually makes the hand structure weak. Fingers should not be right next to each other though, rather choose for a healthy balance, you shouldn't feel strain.

The index and middle finger have the most power, so we rely on them in terms of balance, other fingers are not much important. When pressing down in a handstand, try to press into your first knuckle (index finger) the most.

#### Spider Fingers

This seemingly minor change can do absolute wonders for your balance and help you BIG TIME on your upside down journey. That magical little adjustment that has the possibility to change your handstand game is called "Spider Fingers".

**Spider fingers look like this:**



See how I'm gripping the mat here? I'm gripping so much my knuckles are basically turning white. Why? Think about it like this: What do you do with your feet when you're falling over? You press your toes down. That's exactly what you should do with your hands in a handstand when you're falling over, because hands act the same way as your feet do when you're upside down.

The difference between standing on your feet versus on your hands is just the fact that you have been doing it your whole life and therefore you are not paying attention to these slight tweaks. But it doesn't mean you're not doing it nevertheless. You just do it without thinking about it.

So whenever you're falling over in a handstand, you should press your fingers down like there's no tomorrow!

But!! If you're not falling over, be careful about pressing too hard - pressing too much will just make you fall back from your handstand. If you're stable, light squeeze towards you is more than enough (knuckles lifted). It's all about the balance between pushing too much and not enough.

### **Keep elbows locked**

The best is to try to stretch the arm and have straight elbows - even locked. Like that, joints have the best potential of being properly stacked one above each other. It is common to bend the elbows a bit in a beginning (some people feel more secure in their shoulders then). Bent elbows can be also a sign of not enough shoulder mobility - if that's you, work on your mobility and keep practicing even if elbows are bent. It's nothing that can't change with time.

### **Shoulders**

Scapula should be in elevation, you should aim for bringing your shoulders towards the ears. It will feel easier for some to have scapula rest in depression but the more active the shoulder and the scapula is, the more we have influence over our balance.

### **Spine & Core**

Spine should be in a neutral position (no backbend or tension in your spine) and core is only slightly engaged. One of the biggest mistakes people do is trying to bring the "hollow body position" into a handstand and thinking that the

core needs to be crazily active in an upside down shape. The only thing it causes is tighter shoulders and not being able to stack your joints on top of each other. Basically, you will have to work extra hard to hold your handstand shape like that.

Slight core activation is necessary - you can either achieve that consciously or usually it will come naturally with enough handstand practice. Light core activation means bringing the belly a tiny bit in and up. It's a very slight engagement that should still enable you to move and breathe.

When beginning your handstand practice, it is very hard to even think about your core and its activation, I personally do not bring it up usually as one of the cues, because there are simply more important things to focus on than the actual core (such as shoulders or hands).

## **Legs**

Legs and butt are strongly squeezed together. "Squeeze your butt" is quite good cue that also brings up the core activation. Try to squeeze your butt now and you will feel that your core has become slightly active, that is exactly what I've been talking in the paragraph above.

## **Gaze**

Where you look influences your handstand A LOT. If you're looking too forward, you're messing up with the neutral curve of your spine and even getting into a handstand is going to be a struggle. If you're looking through and you do not have your gaze on the ground, you're going to have trouble balancing as finding a stable point to look at is key.

Instead, look on the ground right between your palms. Imagine there's a line between your thumbs and look in the middle of that line

## **Monitor your practice**

Your journal (or note section in your phone) should become your new next friend in the next 2 months. I cannot stress enough how important it is to keep track of your handstand progress. Read my recommendations:

### **1) Take notes**

Keep track on your handstand attempts, the successes and failures. Try to be as objective as possible here and emotionally detach yourself from the outcome. This is not supposed to make you frustrated (everybody sucks at the beginning), you will be amazed how much you're going to progress in two months of training. Keep taking notes so you can evaluate at the end. Also include how is your body feeling day to day. This might help you with deciding if you want to scale back on the training that week (the structure in the program is a recommended one, but listen to your body first!).

### **2) Take videos**

Taking videos is essential. Ideally take the videos from the back so you can evaluate how is your line developing and what to work on. On video you might see things you haven't been attentive to while in a handstand, such as your toes not being pointed or your shoulders not being elevated. Again, everybody sucks at the beginning, do not be hard on yourself. Keep practicing and see your line and stability improve.

Feel free to post your videos and progress in our [Facebook Group](#) to get some valuable pointers from me and the community and to inspire others to handstand!

## **Time investment**

Even though there is a structure to follow, I encourage you to find what works best for you and your schedule and go with that, rather than to try to follow the outlined structure to a T. We're all different and at different point at our journeys, so try to listen to your body as much as possible.

What matters the most is that you have focus during your practice. If you do not feel like today is your day, feel free to skip a day. The structure is usually 4 handstand training days a week. It is recommended to practice anywhere from 3-5x a week, so feel free to adjust this to your needs.

*What if you do not have so much time to devote to your practice that day?*

The handstand training days are usually 45-60 minutes long. I understand that some days, this can be a bit too much for what you have going on. If that's the case, do your warm-up do one set of Strength & Movement Workout (or skip it all together) and focus on handstand drills. That way, you can be done in under 30 minutes. If that's still too much, simply scale back on the sets of your handstand training, but stick to your warm-up! 20 minutes and you're done.

## **Progressive Overload**

The term Progressive Overload is mostly used in a strength training community and says that in order to progress one needs to be gradually increasing volume, frequency or intensity. This concept can be also applied to your handstand training. That's why, as weeks progress, the training gets a bit more demanding.

You will see that most of the handstand drills in the later weeks have a note "apply progressive overload" and offer only a range in terms of reps. What I want you to do in that case is go back to your handstand journal, look up how many reps you did last time during that exercise and try to add 3-5 reps. That way, you ensure that you will always push the body a bit more and you will continue to get better.

Important! If you feel tired and sluggish that way and your handstand practice suffers, do not try to push past that. Simply accept it as a "bad day", do what you can and move on.

## **Intensity & Rest periods**

Handstand is quite an interesting move as it combines two things together - strength (being able to actually hold yourself in an upside down position and therefore having reasonably strong shoulders and wrists) and skill.

Because of that, sometimes it can be hard to understand when to push and when to rest. To gain strength, one needs to be pushing the limits, while to learn skill, one needs to keep the focus. Not only that, at the beginning, getting out of a handstand might be a task that takes lots of energy, so it's important to think about that and not go past the point of exhaustion where it would be unsafe to exit the handstand (good example is Chest to Wall and your ability to walk yourself away from the wall if you cannot cartwheel out yet).

I have purposely split the handstand portion into two parts - handstand CONDITIONING and handstand DRILLS. The reason for that is mostly for you to understand that the purpose of those two differs. Conditioning is mostly for you to build up strength, while during drills it's best to focus on your form and keep your focus (although they of course build strength too). In conditioning you can push yourself a bit more (although again, have enough energy in the tank for safe exits) and in drills allow yourself longer rest periods between sets and even reps if you need to. Do not try to be finished as quick as possible! Rather try to stay present and go slow.



# Week 1

## This is what WEEK 1 is about..

Week 1 is all about testing the waters, focusing on strength and trying that first handstand or balancing upside down. This week is for everyone, no matter if you're starting from ground zero or you do have some handstand experience. Expect drills to build up strength and find your first seconds of balance in the air.

## SCHEDULE

You will be alternating between Handstand Session A and B. Warm-up session is the same for the whole week, while strength & movement session and handstand drills are changing.

The schedules below are for easier orientation in the program. Also later in the game you might be able to remember the warm-ups and the drills, so videos might not be needed or you might want to take your practice to the gym. This schedule enables you to do that.

## Week 1 / Day 1 - Handstand Session (1A)

### WEEK 1: HANDSTAND SESSION A

#### 1) HANDSTAND WARM UP (no. 1)

Head Circles	5x
Shoulder Circles	10x each direction
Hands, all directions	30sec.
Rocking Hands (fingers forward)	10x
Rocking Hands (fingers back)	10x
Flat Hands to Fists	10x
Wrist Massage	30sec.
Wrist Flexion Raises	10x
Shake the Hands	10sec.
Wrist Flexion Raises	10x
Wrist Circles	30sec, both directions
Shoulder Opener - 3 Ways	1 minute total

#### 2) STRENGTH & MOVEMENT WORKOUT (no. 1)

Up and Down Legs	10x each leg
Scapula Push-Ups	10x
Frog Jumps	10x

**Do 3 sets in total**

#### 3) HANDSTAND CONDITIONING

L-holds	30sec. or until failure, 3 sets
---------	---------------------------------

#### 4) HANDSTAND DRILLS

Wall Kick Up	5-10 reps each leg
One Foot Away Balance	10 tries

**Do 3 sets in total (first finish both drills, then repeat)**

**TOTAL TIME ESTIMATE: about 45 minutes**

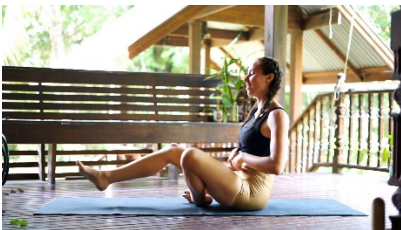
## 1) Handstand Warm-up

Handstand Warm-up is vital before practicing handstands. Think of it as preparation and strength training for your joints - wrists and shoulders. They are the ones to carry all the load so make sure not to skip this part.



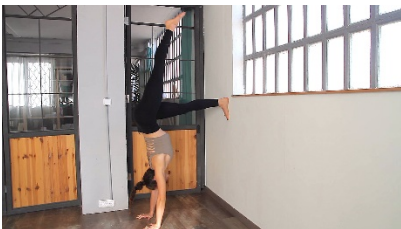
## 2) Strength & Movement Session

This quick and effective strength & movement session will activate your muscles (especially core and upper body) and prepare you for your upside down journey.



## 3) Handstand Conditioning: L-hold

Perform 3 sets of 30s holds. If 30 seconds is too much, then hold until failure.

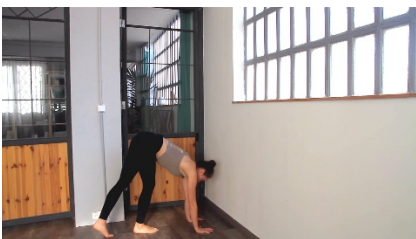


*Is this move too hard?*

Instead of a wall, **use a high chair / back of the couch and place your feet on top**. That way, your feet won't be slipping, you'll have more stability and you will get all the benefits from the drill. If you can do the drill on the wall, stay at it as it's a harder variation but **feel free to use this easier one if you're struggling**.

## 4a) Handstand Drills: Wall Kick Up

Perform 5-10 reps each leg. After finishing One Foot Away Balance, repeat for total of 3 sets.



*Is this move too hard?*

Kick Ups can be challenging for complete beginners but luckily, **our bodies adapt very quickly**. Be consistent, even trying to kick up counts.

**You can also try using a small stool / box** - place it under your legs and kick up from there.

#### 4b) Handstand Drills: One Foot Away Balance

Do 10 tries total. Perform 3 sets together with the Wall Kick Up.



#### Week 1 / Day 2 - Mobility Work

Good mobility (especially in your wrists and shoulders) and good hamstring flexibility is essential for a comfortable handstand. The better your mobility, the easier it is going to be to stack your joints on top of each other and use the least amount of force to hold the shape. Let's get to work!



#### Week 1 / Day 3 - Handstand Session (1B)

### WEEK 1: HANDSTAND SESSION B

#### 1) HANDSTAND WARM UP (no. 1)

Head Circles	5x
Shoulder Circles	10x each direction
Hands, all directions	30sec.
Rocking Hands (fingers forward)	10x
Rocking Hands (fingers back)	10x
Flat Hands to Fists	10x
Wrist Massage	30sec.
Wrist Flexion Raises	10x
Shake the Hands	10sec.
Wrist Flexion Raises	10x
Wrist Circles	30sec, both directions
Shoulder Opener - 3 Ways	1 minute total

#### 2) STRENGTH & MOVEMENT WORKOUT (no. 2)

Hollowbody Hold	30sec.
Sitting on Heels to Press	10x
Weight Shifting	6x

**Do 3 sets in total**

#### 3) HANDSTAND CONDITIONING

Wall Walks	2 - 5x, 2 sets
------------	----------------

#### 4) HANDSTAND DRILLS

Wall Kick Up	5 reps each leg
Changing Legs Kick Up	10 reps total, change leading legs
One Foot Away Balance	10 tries total

**Do 3 sets in total (first finish all three drills, then repeat)**

**TOTAL TIME ESTIMATE: about 45 minutes**

## 1) Handstand Warm-up

Handstand Warm-up is vital before practicing handstands. Think of it as preparation and strength training for your joints - wrists and shoulders. They are the ones to carry all the load so make sure not to skip this part.



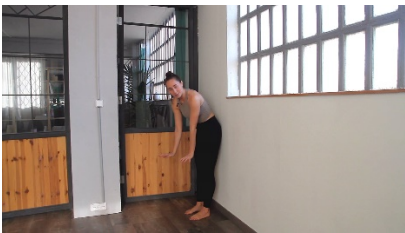
## 2) Strength & Movement Session

This quick and effective strength & movement session will activate your muscles (especially core and upper body) and prepare you for your upside down journey.



## 3) Handstand Conditioning: Wall Walks

Perform 2-5x reps, then rest and repeat one more time (2 sets total).

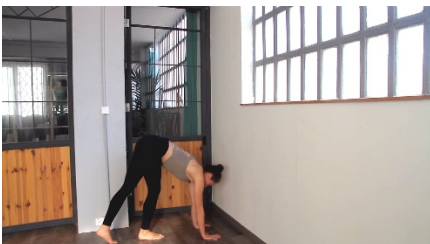


Is this move too hard?

Simply do your best. This move is there for you to build up the upside down strength so anything counts. Rest as much as you need. You don't have to go completely to the wall (it can be scary at the very beginning). Try asking somebody to spot you from the side if fear is an issue

## 4a) Handstand Drills: Wall Kick Ups

5 reps each leg. After finishing all Handstand Drills, repeat for a total of 3 sets.



Is this move too hard?

Kick Ups can be challenging for complete beginners but luckily, **our bodies adapt very quickly**. Be consistent, even trying to kick up counts. **You can also try using a small stool / box** - place it under your legs and kick up from there.

#### **4b) Handstand Drills: Changing Legs Kick Up**

10 reps total, change leading legs. Perform 3 sets total together with the other Handstand Drills.

Use a wall behind you for this one.



#### **4c) Handstand Drills: One Foot Away Balance**

Do 10 tries total. Perform 3 sets in total (together with the Handstand Drills).



### **Week 1 / Day 4 - REST**

#### **Rest**

Give your body a well deserved rest. Go outside, eat nourishing foods, play.

### **Week 1 / Day 5 - Handstand Session (1A)**

Repeat Week 1 / Day 1

### **Week 1 / Day 6 - Handstand Session (1B)**

Repeat Week 1 / Day 3

### **Week 1 / Day 7 - REST**

#### **Rest**

Today is a day to just simply chill. Rest is as important as the exercises itself!



## Week 2

### This is what WEEK 2 is about..

In Week 2, we're still focused on strength and understanding balance (let's be real, that journey kinda never ends..), but we're putting some new drills into the mix. Get familiar with "Chest to Wall" (drill you're gonna be practicing A LOT) and some new kick up & balance techniques.

### SCHEDULE

You will be alternating between Handstand Session A and B. Warm-up session is the same for the whole week, while strength & movement session and handstand drills are changing.

The schedules below are for easier orientation in the program. Also later in the game you might be able to remember the warm-ups and the drills, so videos might not be needed or you might want to take your practice to the gym. This schedule enables you to do that.

### Week 2 / Day 1 - Handstand Session (2A)

#### WEEK 2: HANDSTAND SESSION A

##### 1) HANDSTAND WARM UP (no. 2)

Head Up and Down	10x
Head Side to Side	10x, hold last for 5sec.
Shoulder Circles	5x each side
Hands, all directions	30sec.
Body Back, top of the hands down	30sec.
Wrist Circles	10sec.
Wrist Flexion Raises	10x
Feet Stretch	10sec.
Wrist Flexion Raises	10x
Wrist Circles	10sec.
Down Dog, changing legs	10x
Down Dog, head down	10x
Pancake Stretch	60sec.
Leg Overs	10x each leg

##### 2) STRENGTH & MOVEMENT WORKOUT (no. 3)

Leg Raises	10x
Bodyline Hold	20sec.
Crow Hold	20sec.

**Do 3 sets in total**

##### 3) HANDSTAND CONDITIONING

Chest to Wall	30sec. or until failure, 2 sets
---------------	---------------------------------

##### 4) HANDSTAND DRILLS

Changing Legs Kick Up	10 reps total, change leading legs
One Foot Away balance	12 tries total

**Do 3 sets in total (first finish both drills, then repeat)**

**TOTAL TIME ESTIMATE: about 45 minutes**



### 1) Handstand Warm-up

Handstand Warm-up is vital before practicing handstands. Think of it as preparation and strength training for your joints - wrists and shoulders. They are the ones to carry all the load so make sure not to skip this part.



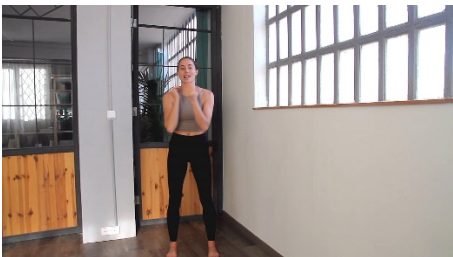
### 2) Strength & Movement Session

This quick and effective strength & movement session will activate your muscles (especially core and upper body) and prepare you for your upside down journey.



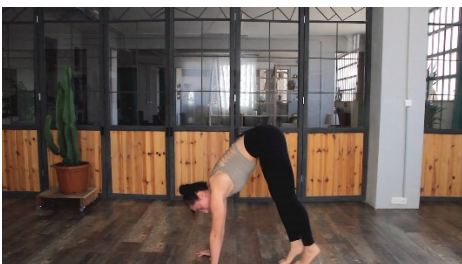
### 3) Handstand Conditioning: Chest to Wall Hold

30sec. or until failure, 2 sets.



### 4a) Handstand Drills: Changing Legs Kick Ups

10 reps in total, change leading legs after 5 reps. After finishing the two Handstand Drills, repeat for a total of 3 sets.



### 4b) Handstand Drills: One Foot Away Balance

12 tries total. Together with Kick Ups, do 3 sets.



## Week 2 / Day 2 - Mobility Work

Good mobility (especially in your wrists and shoulders) and good hamstring flexibility is essential for a comfortable handstand. The better your mobility, the easier it is going to be to stack your joints on top of each other and use the least amount of force to hold the shape. Let's get to work!



## Week 2 / Day 3 - Handstand Session (2B)

### WEEK 2: HANDSTAND SESSION B

#### 1) HANDSTAND WARM UP (no. 2)

Head Up and Down	10x
Head Side to Side	10x, hold last for 5sec.
Shoulder Circles	5x each side
Hands, all directions	30sec.
Body Back, top of the hands down	30sec.
Wrist Circles	10sec.
Wrist Flexion Raises	10x
Feet Stretch	10sec.
Wrist Flexion Raises	10x
Wrist Circles	10sec.
Down Dog, changing legs	10x
Down Dog, head down	10x
Pancake Stretch	60sec.
Leg Overs	10x each leg

#### 2) STRENGTH & MOVEMENT WORKOUT (no. 4)

Hollowbody Hold	30sec.
Shoulder Tap	12x total
Tuck Jump	5x

**Do 3 sets in total**

#### 3) HANDSTAND CONDITIONING

Wall Walks	3-6x (apply progressive overload), 2 sets
------------	---

#### 4) HANDSTAND DRILLS

Knee Bent Kick Up	6x each leg (10 total)
Scissor Hold	5x each leg (10 total)

**Do 3 sets in total (first finish both drills, then repeat)**

**TOTAL TIME ESTIMATE: about 45 minutes**

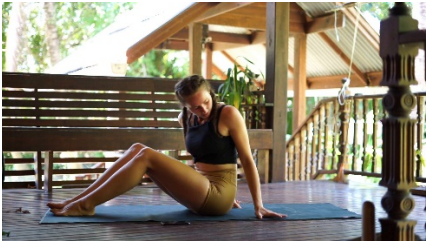
### 1) Handstand Warm-up

Handstand Warm-up is vital before practicing handstands. Think of it as preparation and strength training for your joints - wrists and shoulders. They are the ones to carry all the load so make sure not to skip this part.



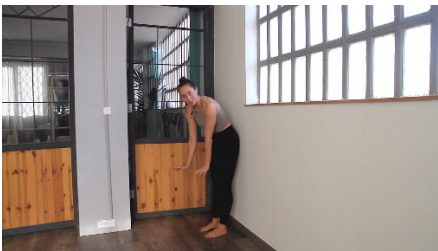
### 2) Strength & Movement Session

This quick and effective strength & movement session will activate your muscles (especially core and upper body) and prepare you for your upside down journey.



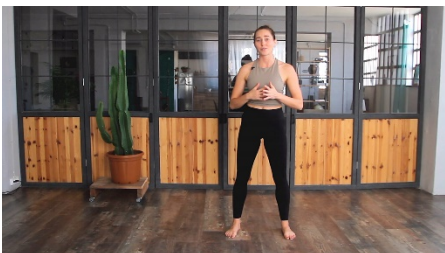
### 3) Handstand Conditioning: Wall Walks

Do 3-6x reps (apply progressive overload) for a total of 2 sets. Rest in between sets.



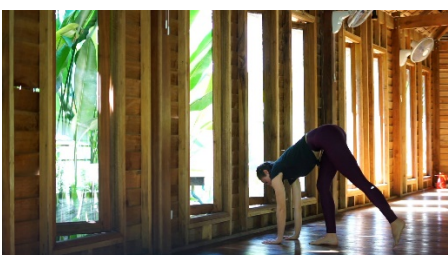
### 4a) Handstand Drills: Knee Bent Kick Up

6 reps each leg for a total of 12. Together with Scissor Hold, do 3 sets.



### 4b) Handstand Drills: Scissor Hold

Do 5 reps for each leg, 10 in total. 1 rep means going from the ground up and trying to find your balance for a few seconds. Feel free to count the seconds and note them down for reference.



## **Week 2 / Day 4 - REST**

### **Rest**

Give your body a well deserved rest. Go outside, eat nourishing foods, play.

## **Week 2 / Day 5 - Handstand Session (2A)**

Repeat Week 2 / Day 1

## **Week 2 / Day 6 - Handstand Session (2B)**

Repeat Week 2 / Day 3

## **Week 2 / Day 7 - REST**

### **Rest**

Today is a day to just simply chill. Rest is as important as the exercises itself!

## Week 3

### This is what WEEK 3 is about..

In this week, we're adding more seconds and more reps to our handstand drills, applying the progressive overload method. You're also going to learn a new drill "Walking Half Kick Up" that I picked up from Ido Portal and that is an amazing drill for getting more used to doing handstands without a wall. Yes, friends, it's happening this week!

### SCHEDULE

You will be alternating between Handstand Session A and B. Warm-up session is the same for the whole week, while strength & movement session and handstand drills are changing.

The schedules below are for easier orientation in the program. Also later in the game you might be able to remember the warm-ups and the drills, so videos might not be needed or you might want to take your practice to the gym. This schedule enables you to do that.

### Week 3 / Day 1 - Handstand Session (3A)

#### WEEK 3: HANDSTAND SESSION A

##### 1) HANDSTAND WARM UP (no. 3)

Ankle Circles	10x each direction
Hamstring Stretch	30sec.
Head Circles	5x each side
Hands, all directions	30sec.
Elbow to Knee	10x, hold the last one for 10sec.
Wrist Circles	10sec.
Wrist Flexion Raises	10x
Shaking the Hands	10sec.
Wrist Flexion Raises (slow)	5x
Shoulder Opener - 3 Ways	1 minute in total
Shoulder Swimmers	10x
Down Dog, bending legs	a few breaths
Runner Stretch, rounding back	5x each leg
Seated Forward Fold	a few breaths

##### 2) STRENGTH & MOVEMENT WORKOUT (no. 5)

Toe Tap	10x, hold for 10sec.
Scapula Push-Up	10x
Straddle Jump	5x

**Do 3 sets in total**

##### 3) HANDSTAND CONDITIONING

L-hold	30sec. or until failure, 3 sets
--------	---------------------------------

##### 4) HANDSTAND DRILLS

Walking Half Kick Up	10 reps total, change leading legs
Knee Bent Kick Up	7x each leg
One Foot Away Balance	10 tries total

**Do 3 sets in total (first finish all three drills, then repeat)**

**TOTAL TIME ESTIMATE: about 45 minutes**



### 1) Handstand Warm-up

You know the deal. It says "warm-up" but it's much more than that, do not skip!



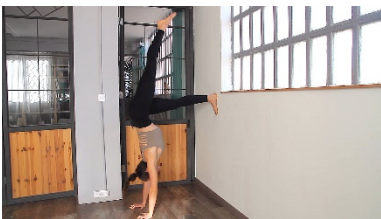
### 2) Strength & Movement Session

This quick and effective strength & movement session will activate your muscles (especially core and upper body) and prepare you for your upside down journey.



### 3) Handstand Conditioning: L-hold

30 sec. or until failure, do 3 sets, then move on to handstand drills.



### 4a) Handstand Drills: Walking Half Kick Up

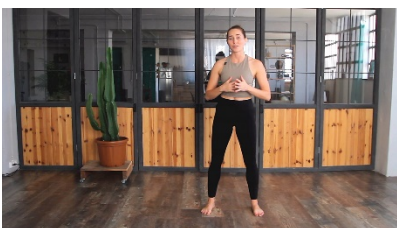
Do 10 reps in total, always changing the leading leg. Together with the next Handstand Drills, do 3 sets in total.

*Note: I'm talking about "Falling out of a Handstand" in this video. I definitely do not expect you to know how to do so, so if you have no clue - check out Week 4 (Day 1) - Falling out of a Handstand video OR simply don't kick up as much - that's even a better option in my book.*



### 4b) Handstand Drills: Knee Bent Kick Up

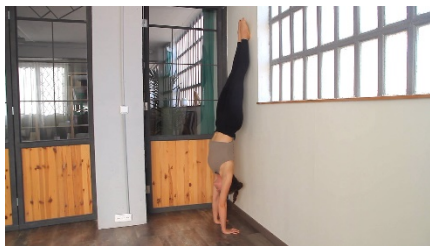
7 reps each leg, 14 in total. Do 3 sets with the rest of the drills.





#### 4c) Handstand Drills: One Foot Away Balance

Do 10 tries total, trying to keep the balance for as long as possible. Feel free to go down and rest between these tries.  
3 sets in total (together with the rest of the drills).



#### Week 3 / Day 2 - Mobility Work

Good mobility (especially in your wrists and shoulders) and good hamstring flexibility is essential for a comfortable handstand. The better your mobility, the easier it is going to be to stack your joints on top of each other and use the least amount of force to hold the shape. Let's get to work!



#### Week 3 / Day 3 - Handstand Session (3B)

##### WEEK 3: HANDSTAND SESSION B

###### 1) HANDSTAND WARM UP (no. 3)

Ankle Circles	10x each direction
Hamstring Stretch	30sec.
Head Circles	5x each side
Hands, all directions	30sec.
Elbow to Knee	10x, hold the last one for 10sec.
Wrist Circles	10sec.
Wrist Flexion Raises	10x
Shaking the Hands	10sec.
Wrist Flexion Raises (slow)	5x
Shoulder Opener - 3 Ways	1 minute in total
Shoulder Swimmers	10x
Down Dog, bending legs	a few breaths
Runner Stretch, rounding back	5x each leg
Seated Forward Fold	a few breaths

###### 2) STRENGTH & MOVEMENT WORKOUT (no. 6)

Hollowbody Hold	30sec.
Sitting on Heels to Press	10x
Leg Overs	10x each leg

**Do 3 sets in total**

###### 3) HANDSTAND CONDITIONING

Chest to Wall	40sec. or until failure, 2 sets
---------------	---------------------------------

###### 4) HANDSTAND DRILLS

Changing Legs Kick Up	6x each leg (12 total), change leading legs
Scissor Hold	6x each leg (12 total)

**Do 3 sets in total (first finish both drills, then repeat)**

**TOTAL TIME ESTIMATE: about 45 minutes**

### 1) Handstand Warm-up

You know the deal. It says "warm-up" but it's much more than that, do not skip!



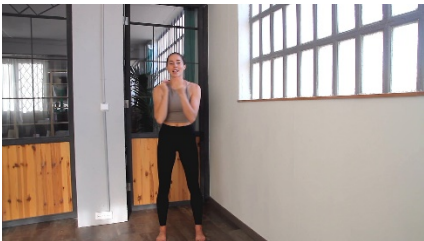
### 2) Strength & Movement Session

This quick and effective strength & movement session will activate your muscles (especially core and upper body) and prepare you for your upside down journey.



### 3) Handstand Conditioning: Chest to Wall

Hold for 40sec. or until failure, do 2 sets in total.



### 4a) Handstand Drills: Changing Legs Kick Up

Do 6 reps each leg, 12 in total. Together with the other Handstand Drills, do 3 sets.



### 4b) Handstand Drills: Scissor Hold

6 rep each leg, 12 in total. One rep means kicking up, trying to find your balance and then coming down. 3 sets in total together with the other drills.



## **Week 3 / Day 4 - REST**

### **Rest**

Give your body a well deserved rest. Go outside, eat nourishing foods, play.

## **Week 3 / Day 5 - Handstand Session (3A)**

Repeat Week 3 / Day 1

## **Week 3 / Day 6 - Handstand Session (3B)**

Repeat Week 3 / Day 3

## **Week 3 / Day 7 - REST**

### **Rest**

Today is a day to just simply chill. Rest is as important as the exercises itself!

## Week 4

### This is what WEEK 4 is about..

Week 4 is our DELOAD week! What does it mean? We're going to lower the number of days we invest into our handstands, letting our muscles, joints and our brain to recover and rest for a bit. Do not worry, this will not hinder your handstand progress, programming reload weeks is super necessary in order not to burn out and to be able to actually progress week after week.

Not only that, though, in this week we are changing directions a bit and we are focusing on technique and balance. You will learn new drills - Heel Pulls and Toe Pulls, which are an absolute key in mastering your handstand. Don't be discouraged if you do not nail them the first time, they're hard but get much easier with time. So keep practicing!

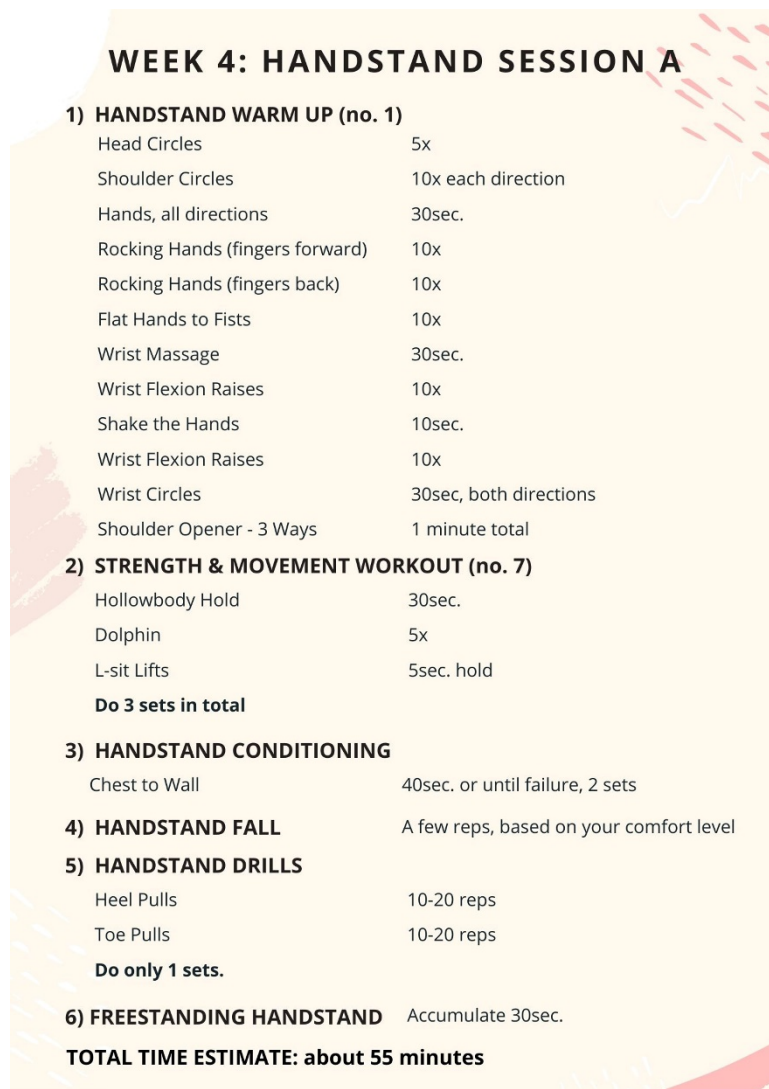
And one more news - we're officially trying freestanding handstand! Do not worry, you are still encouraged to use a wall (to save energy from falling), but you are encouraged to try handstanding also in space. Enjoy the practice!

### SCHEDULE

You will be alternating between Handstand Session A and B. Warm-up session is the same for the whole week, while strength & movement session and handstand drills are changing.

The schedules below are for easier orientation in the program. Also later in the game you might be able to remember the warm-ups and the drills, so videos might not be needed or you might want to take your practice to the gym. This schedule enables you to do that.

### Week 4 / Day 1 - Handstand Session (4A)



**WEEK 4: HANDSTAND SESSION A**

**1) HANDSTAND WARM UP (no. 1)**

Head Circles	5x
Shoulder Circles	10x each direction
Hands, all directions	30sec.
Rocking Hands (fingers forward)	10x
Rocking Hands (fingers back)	10x
Flat Hands to Fists	10x
Wrist Massage	30sec.
Wrist Flexion Raises	10x
Shake the Hands	10sec.
Wrist Flexion Raises	10x
Wrist Circles	30sec, both directions
Shoulder Opener - 3 Ways	1 minute total

**2) STRENGTH & MOVEMENT WORKOUT (no. 7)**

Hollowbody Hold	30sec.
Dolphin	5x
L-sit Lifts	5sec. hold

**Do 3 sets in total**

**3) HANDSTAND CONDITIONING**

Chest to Wall	40sec. or until failure, 2 sets
---------------	---------------------------------

**4) HANDSTAND FALL** A few reps, based on your comfort level

**5) HANDSTAND DRILLS**

Heel Pulls	10-20 reps
Toe Pulls	10-20 reps

**Do only 1 sets.**

**6) FREESTANDING HANDSTAND** Accumulate 30sec.

**TOTAL TIME ESTIMATE: about 55 minutes**

## 1) Handstand Warm-up

Proper joint and muscle preparation is KEY for a successful and injury free handstand. Let's get to it!



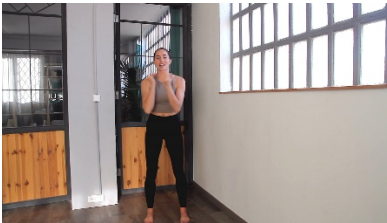
## 2) Strength & Movement Session

This quick and effective strength & movement session will activate your muscles (especially core and upper body) and prepare you for your upside down journey.



## 3) Handstand Conditioning: Chest to Wall

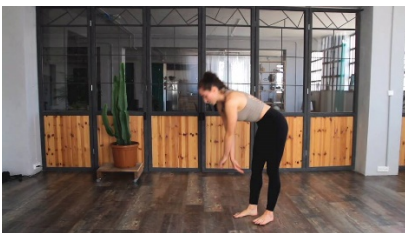
40sec or until failure, 2 sets in total. Rest between sets.



## 4) Handstand Drills: Falling out of a Handstand

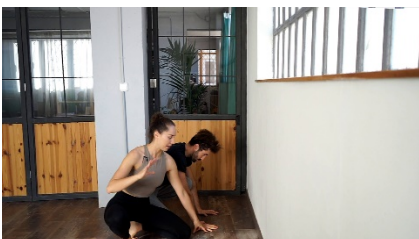
This one can be very intimidating, especially for beginners, but hey, if freestanding handstand is your goal, learning how to fall is key! If you're afraid, grab a friend and go try this on a grass (a friend is there mostly for mental support). Trust me, you got this!

Try it a few times so your brain gets it. You can add this drill to every handstand day, so you get used to it.



## 5a) Handstand Drills: Heel Pulls

Come into your handstand and do 10-20 reps. One rep means one pull away from the wall. If you get tired, feel free to rest and then jump back in to finish the one set, you don't have to do it all in one go. If 10-20 reps is too much, do less and write it down, you're going to build up on your numbers. Only 1 set.





### 5b) Handstand Drills: Toe Pulls

This one is a bit more intimidating as it is chest to wall and the chance of falling is higher. Get comfortable with falling first. If you feel like this is not happening yet, skip it, train the falling out of a handstand and come back to this next week. Otherwise try to strive for 10-20 reps, if it's too much, go for a lower number, make note! Only 1 set.



### 6) Freestanding Handstand

Try to accumulate 30sec. in your freestanding handstand. It can take you 5 tries, 10 tries, 20 or 30 tries, that doesn't matter. Accumulate means that you are counting all the tries together (for example: You hold for 3 seconds the first try, then 5 seconds, then 7 seconds, it's together 15 seconds and you are looking for 30). Because we're trying it for the first time, you can take this one to the wall - you can either kick up into scissor shape and then try to bring your legs together or use the "one foot away balance" technique. If you're confident and up for a little play, take it to a free space. But if you're not catching even one or two seconds, go back to the wall.



## Week 4 / Day 2 - REST

### Rest

Give your body a well deserved rest. Go outside, eat nourishing foods, play.

## Week 4 / Day 3 – Mobility Work

Good mobility (especially in your wrists and shoulders) and good hamstring flexibility is essential for a comfortable handstand. The better your mobility, the easier it is going to be to stack your joints on top of each other and use the least amount of force to hold the shape. Let's get to work!



## Week 4 / Day 4 - REST

### Rest

Give your body a well deserved rest. Go outside, eat nourishing foods, play.



## Week 4 / Day 5 – Handstand Session (4B)

### WEEK 4: HANDSTAND SESSION B

#### 1) HANDSTAND WARM UP (no. 1)

Head Circles	5x
Shoulder Circles	10x each direction
Hands, all directions	30sec.
Rocking Hands (fingers forward)	10x
Rocking Hands (fingers back)	10x
Flat Hands to Fists	10x
Wrist Massage	30sec.
Wrist Flexion Raises	10x
Shake the Hands	10sec.
Wrist Flexion Raises	10x
Wrist Circles	30sec, both directions
Shoulder Opener - 3 Ways	1 minute total

#### 2) STRENGTH & MOVEMENT WORKOUT (no. 8)

Bodyline Hold	20sec.
Shoulder Tap	12x total
Straddle Jump	5x

**Do 3 sets in total**

#### 3) HANDSTAND CONDITIONING

Chest to Wall	45sec. or until failure, 1 set
---------------	--------------------------------

#### 4) HANDSTAND DRILLS

Heel Pulls	10-20 reps
Toe Pulls	10-20 reps

**Do only 1 set.**

#### 5) FREESTANDING HANDSTAND Accumulate 30sec.

**TOTAL TIME ESTIMATE: about 45 minutes**

#### 1) Handstand Warm-up

Proper joint and muscle preparation is KEY for a successful and injury free handstand. Let's get to it!



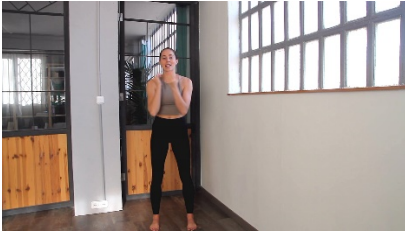
#### 2) Strength & Movement Session

This quick and effective strength & movement session will activate your muscles (especially core and upper body) and prepare you for your upside down journey.



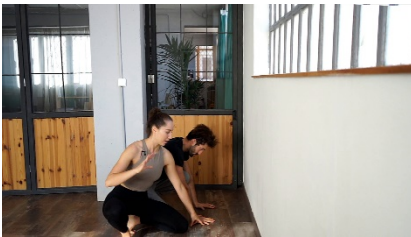
### 3) Handstand Conditioning: Chest to Wall

45sec. or until failure, 1 set.



#### 4a) Handstand Drills: Heel Pulls

Come into your handstand and do 10-20 reps. One rep means one pull away from the wall. If you get tired, feel free to rest and then jump back in to finish the one set, you don't have to do it all in one go. If 10-20 reps is too much, do less and write it down, you're going to build up on your numbers. 1 set.



#### 4b) Handstand Drills: Toe Pulls

This one is a bit more intimidating as it is chest to wall and the chance of falling is higher. Get comfortable with falling first. If you feel like this is not happening yet, skip it, train the falling out of a handstand and come back to this next week. Otherwise try to strive for 10-20 reps, if it's too much, go for a lower number, make note! One set.

Note: Try to fall out of a handstand a few times before you attempt this one.



### 5) Freestanding Handstand

Try to accumulate 30sec. in your freestanding handstand. It can take you 5 tries, 10 tries, 20 or 30 tries, that doesn't matter. Accumulate means that you are counting all the tries together (for example: You hold for 3 seconds the first try, then 5 seconds, then 7 seconds, it's together 15 seconds and you are looking for 30). Because we're trying it for the first time, you can take this one to the wall - you can either kick up into scissor shape and then try to bring your legs together or use the "one foot away balance" technique. If you're confident and up for a little play, take it to a free space. But if you're not catching even one or two seconds, go back to the wall.



### Week 4 / Day 6&7 - REST

Give your body a well deserved rest. Go outside, eat nourishing foods, play.

## Week 5

### This is what WEEK 5 is about..

In this week, we're going for it! We're going to build up on drills that we have learned last week, going for more reps and getting a better hang of it. As I said before - Heel Pulls and Toe Pulls are the absolute best and will teach you how to work with your hands during a freestanding handstand, so that you do not fall. It's truly a key to practice them - the more the better.

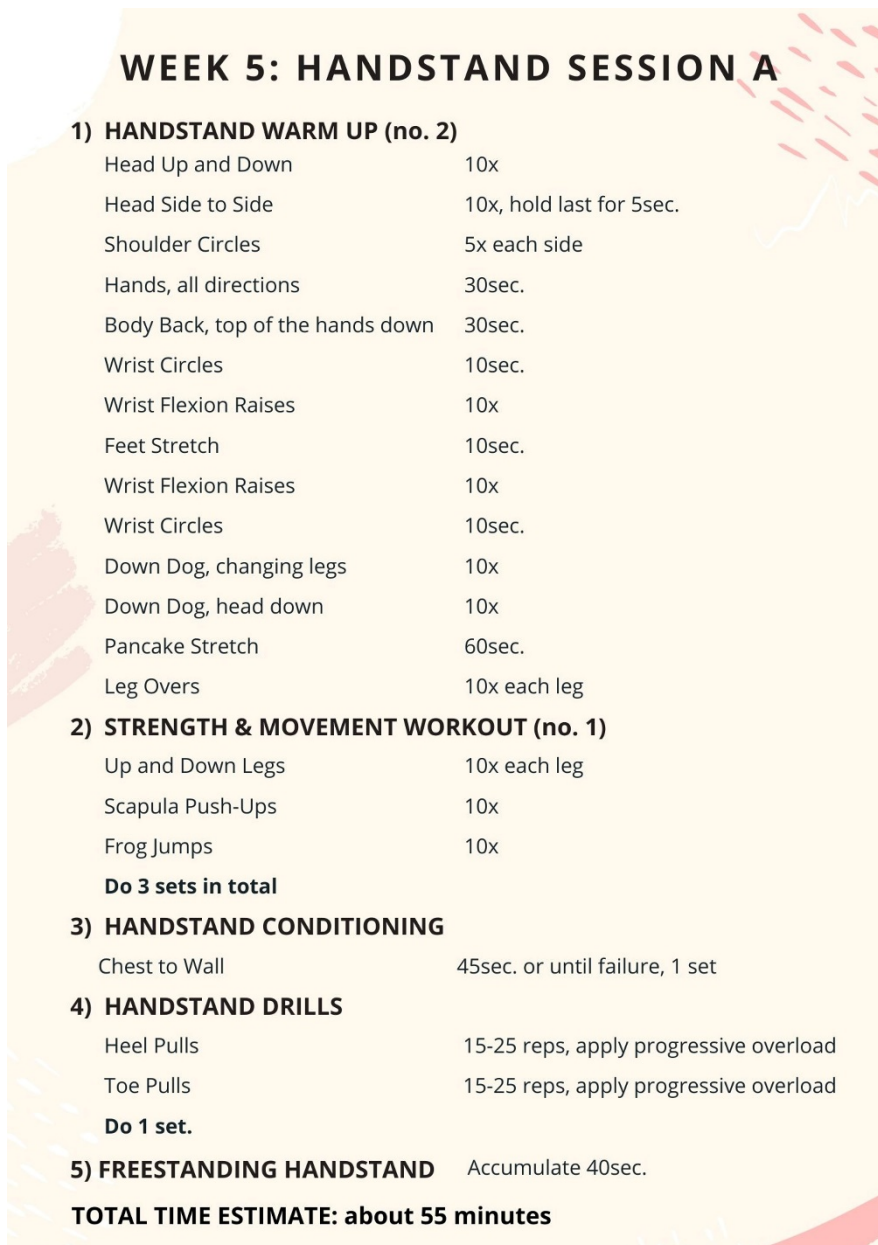
We're also working more on the freestanding handstand itself :).

### SCHEDULE

You will be alternating between Handstand Session A and B. Warm-up session is the same for the whole week, while strength & movement session and handstand drills are changing.

The schedules below are for easier orientation in the program. Also later in the game you might be able to remember the warm-ups and the drills, so videos might not be needed or you might want to take your practice to the gym. This schedule enables you to do that.

### Week 5 / Day 1 - Handstand Session (5A)

A graphic titled 'WEEK 5: HANDSTAND SESSION A' with a light yellow background and pink decorative elements. It lists five sections of a workout: 1) HANDSTAND WARM UP (no. 2), 2) STRENGTH & MOVEMENT WORKOUT (no. 1), 3) HANDSTAND CONDITIONING, 4) HANDSTAND DRILLS, and 5) FREESTANDING HANDSTAND. Each section includes specific exercises and their durations or repetitions. A total time estimate of about 55 minutes is provided at the bottom.

#### WEEK 5: HANDSTAND SESSION A

**1) HANDSTAND WARM UP (no. 2)**

Head Up and Down	10x
Head Side to Side	10x, hold last for 5sec.
Shoulder Circles	5x each side
Hands, all directions	30sec.
Body Back, top of the hands down	30sec.
Wrist Circles	10sec.
Wrist Flexion Raises	10x
Feet Stretch	10sec.
Wrist Flexion Raises	10x
Wrist Circles	10sec.
Down Dog, changing legs	10x
Down Dog, head down	10x
Pancake Stretch	60sec.
Leg Overs	10x each leg

**2) STRENGTH & MOVEMENT WORKOUT (no. 1)**

Up and Down Legs	10x each leg
Scapula Push-Ups	10x
Frog Jumps	10x

**Do 3 sets in total**

**3) HANDSTAND CONDITIONING**

Chest to Wall	45sec. or until failure, 1 set
---------------	--------------------------------

**4) HANDSTAND DRILLS**

Heel Pulls	15-25 reps, apply progressive overload
Toe Pulls	15-25 reps, apply progressive overload

**Do 1 set.**

**5) FREESTANDING HANDSTAND**    Accumulate 40sec.

**TOTAL TIME ESTIMATE: about 55 minutes**

## 1) Handstand Warm-up

Proper joint and muscle preparation is KEY for a successful and injury free handstand. Let's get to it!



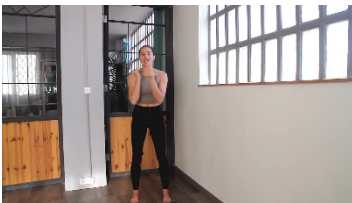
## 2) Strength & Movement Session

This quick and effective strength & movement session will activate your muscles (especially core and upper body) and prepare you for your upside down journey.



## 3) Handstand Conditioning: Chest to Wall

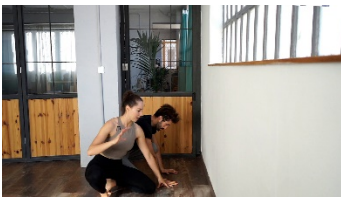
45sec. or until failure, only 1 set today.



## 4a) Handstand Drills: Heel Pulls

Come into your handstand and do 15-25 reps. One rep means one pull away from the wall. If you get tired, feel free to rest and then jump back in to finish the one set, you don't have to do it all in one go. One set.

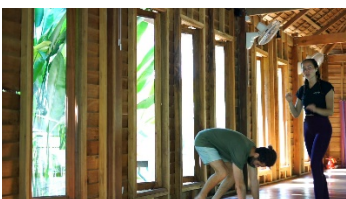
Apply progressive overload here. Every week we are trying to up our numbers by 3 to 5 reps. Check your notebook and what numbers you had last week and try to add the reps. Example: Last week you did 7 reps. This week strive for 10 to 12. Write the numbers down again.



## 4b) Handstand Drills: Toe Pulls

Hopefully by now you are more comfortable with falling and therefore this drills as well. Strive for 15-25 reps, if it's too much, go for a lower number. One set.

Apply progressive overload here. Every week we are trying to up our numbers by 3 to 5 reps. Check your notebook and what numbers you had last week and try to add the reps. Example: Last week you did 7 reps. This week strive for 10 to 12. Write the numbers down again.



## 5) Freestanding Handstand

Try to accumulate 40sec. in your freestanding handstand. It can take you 5 tries, 10 tries, 20 or 30 tries, that doesn't matter. Accumulate means that you are counting all the tries together (for example: You hold for 3 seconds the first try, then 5 seconds, then 7 seconds, it's together 15 seconds and you are looking for 40). You can first try playing with a freestanding shape and if you feel like you cannot catch even a seconds, take this one to the wall (it's completely fine! Wall is your friend, do not try to rush the process). You can either kick up into scissor shape and then try to bring your legs together or try using "heel pulls" technique - pulling your heels away and then trying to balance.



## Week 5 / Day 2 - Handstand Session (5B)

### WEEK 5: HANDSTAND SESSION B

#### 1) HANDSTAND WARM UP (no. 2)

Head Up and Down	10x
Head Side to Side	10x, hold last for 5sec.
Shoulder Circles	5x each side
Hands, all directions	30sec.
Body Back, top of the hands down	30sec.
Wrist Circles	10sec.
Wrist Flexion Raises	10x
Feet Stretch	10sec.
Wrist Flexion Raises	10x
Wrist Circles	10sec.
Down Dog, changing legs	10x
Down Dog, head down	10x
Pancake Stretch	60sec.
Leg Overs	10x each leg

#### 2) STRENGTH & MOVEMENT WORKOUT (no. 2)

Hollowbody Hold	30sec.
Sitting on Heels to Press	10x
Weight Shifting	6x

**Do 3 sets in total**

#### 3) HANDSTAND CONDITIONING

Chest to Wall	45sec. or until failure, 1 set
Shrugs	10x, 1 set

#### 4) HANDSTAND DRILLS

Heel Pulls	15-25 reps, apply progressive overload
Toe Pulls	15-25 reps, apply progressive overload

**Do 1 set.**

#### 5) FREESTANDING HANDSTAND Accumulate 40sec.

**TOTAL TIME ESTIMATE: about 55 minutes**



### 1) Handstand Warm-up

Proper joint and muscle preparation is KEY for a successful and injury free handstand. Let's get to it!



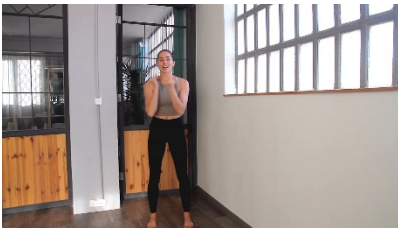
### 2) Strength & Movement Session

This quick and effective strength & movement session will activate your muscles (especially core and upper body) and prepare you for your upside down journey.



### 3) Handstand Conditioning: Chest to Wall

45sec. or until failure, only 1 set.



### 3b) Handstand Conditioning: Shrugs

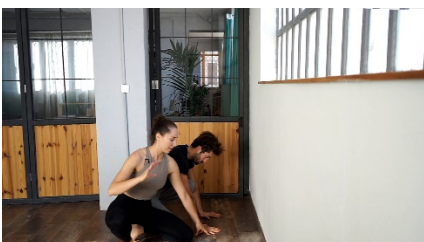
10 reps, 1 set.



### 4a) Handstand Drills: Heel Pulls

Come into your handstand and do 15-25 reps. One rep means one pull away from the wall. If you get tired, feel free to rest and then jump back in to finish the one set, you don't have to do it all in one go. One set.

Apply progressive overload here. Every week we are trying to up our numbers by 3 to 5 reps. Check your notebook and what numbers you had last week and try to add reps.





#### 4b) Handstand Drills: Toe Pulls

Hopefully by now you are more comfortable with falling and therefore this drills as well. Strive for 15-25 reps, if it's too much, go for a lower number, make note! 1 set.

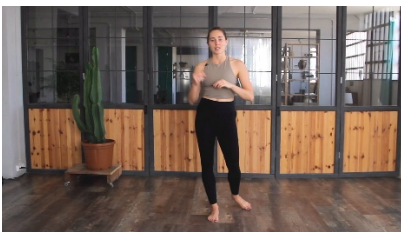
Apply progressive overload here. Every week we are trying to up our numbers by 3 to 5 reps. Check your notebook and what numbers you had last week and try to add reps.



#### 5) Freestanding Handstand

Try to accumulate 40sec. in your freestanding handstand. It can take you 5 tries, 10 tries, 20 or 30 tries, that doesn't matter.

You can first try playing with a freestanding shape and if you feel like you cannot catch even a seconds, take this one to the wall (it's completely fine! Wall is your friend, do not try to rush the process). You can either kick up into scissor shape and then try to bring your legs together or try using "heel pulls" technique - pulling your heels away and then trying to balance.



#### Week 5 / Day 3 - REST

Give your body a well deserved rest. Go outside, eat nourishing foods, play.

#### Week 5 / Day 4 - Handstand Session (5A)

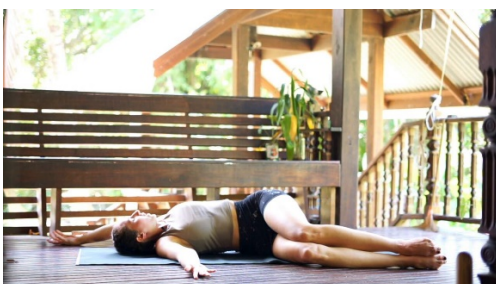
Repeat Week 5 / Day 1

#### Week 5 / Day 5 - Handstand Session (5B)

Repeat Week 5 / Day 2

#### Week 5 / Day 6 – Mobility Work

Good mobility (especially in your wrists and shoulders) and good hamstring flexibility is essential for a comfortable handstand. The better your mobility, the easier it is going to be to stack your joints on top of each other and use the least amount of force to hold the shape. Let's get to work!



#### Week 5 / Day 7 - REST

Give your body a well deserved rest. Go outside, eat nourishing foods, play.

## Week 6

### This is what WEEK 6 is about..

This week we are focusing on the strength element and the kick ups. Revisiting these skills is very important and hopefully, you will see a nice improvement from previous weeks.

### SCHEDULE

You will be alternating between Handstand Session A and B. Warm-up session is the same for the whole week, while strength & movement session and handstand drills are changing.

The schedules below are for easier orientation in the program. By now you might be familiar with the warm-ups and the drills, so videos might not be needed or you might want to take your practice to the gym. This schedule enables you to do that.

### Week 6 / Day 1 - Handstand Session (6A)

#### WEEK 6: HANDSTAND SESSION A

##### 1) HANDSTAND WARM UP (no. 3)

Ankle Circles	10x each direction
Hamstring Stretch	30sec.
Head Circles	5x each side
Hands, all directions	30sec.
Elbow to Knee	10x, hold the last one for 10sec.
Wrist Circles	10sec.
Wrist Flexion Raises	10x
Shaking the Hands	10sec.
Wrist Flexion Raises (slow)	5x
Shoulder Opener - 3 Ways	1 minute in total
Shoulder Swimmers	10x
Down Dog, bending legs	a few breaths
Runner Stretch, rounding back	5x each leg
Seated Forward Fold	a few breaths

##### 2) STRENGTH & MOVEMENT WORKOUT (no. 3)

Leg Raises	10x
Bodyline Hold	20sec.
Crow Hold	20sec.

**Do 3 sets in total**

##### 3) HANDSTAND CONDITIONING

Wall Walks	5x, 2 sets
------------	------------

##### 4) HANDSTAND DRILLS

Changing Legs Kick Up	16x total (apply progressive overload)
Scissor Hold	12-16x total (apply progressive overload)

**Do 2 sets in total (first finish both drills, then repeat)**

##### 5) FREESTANDING HANDSTAND

Accumulate 50sec.

**TOTAL TIME ESTIMATE: about 55 minutes**

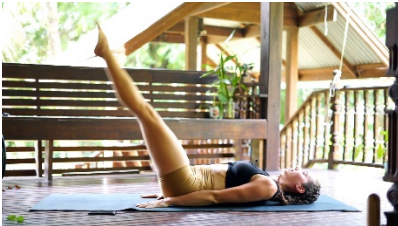
### 1) Handstand Warm-up

Proper joint and muscle preparation is KEY for a successful and injury free handstand. Let's get to it!



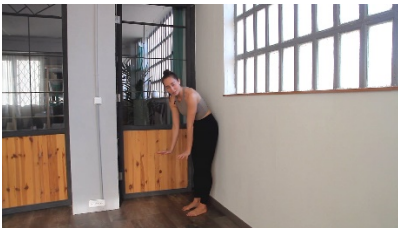
### 2) Strength & Movement Session

This quick and effective strength & movement session will activate your muscles (especially core and upper body) and prepare you for your upside down journey.



### 3) Handstand Conditioning: Wall Walks

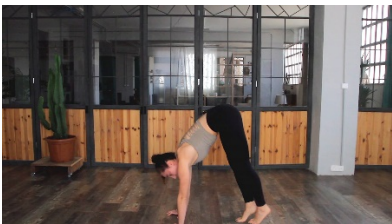
5 reps for 2 sets. Feel free to rest even between the reps, but try to strive for 10 repetition in total.



### 4a) Handstand Drills: Changing Legs Kick Up

Do 8 reps each leg, 16 in total. Together with Scissor Hold (first finish both, then repeat), do 2 sets.

If 8 reps is too many, apply progressive overload - Check your notebook for numbers from the last time you were practicing this drills try to add a few reps.



### 4b) Handstand Drills: Scissor Hold

12-16 in total, change legs in between. One rep means kicking up, trying to find your balance and then coming down. 2 sets in total together with Changing Legs Kick Up.

Apply progressive overload: Based on your numbers in Week 3 (you were supposed to do 12 reps in total), add a few more reps.



## 5) Freestanding Handstand

Try to accumulate 40sec. in your freestanding handstand. It can take you 5 tries, 10 tries, 20 or 30 tries, that doesn't matter.

You can first try playing with a freestanding shape and if you feel like you cannot catch even a second, take this one to the wall (it's completely fine! Wall is your friend, do not try to rush the process). You can either kick up into scissor shape and then try to bring your legs together or try using "heel pulls" technique - pulling your heels away and then trying to balance.



## Week 6 / Day 2 – Mobility Work

Good mobility (especially in your wrists and shoulders) and good hamstring flexibility is essential for a comfortable handstand. The better your mobility, the easier it is going to be to stack your joints on top of each other and use the least amount of force to hold the shape. Let's get to work!



## Week 6 / Day 3 - Handstand Session (6B)

### WEEK 6: HANDSTAND SESSION B

#### 1) HANDSTAND WARM UP (no. 3)

Ankle Circles	10x each direction
Hamstring Stretch	30sec.
Head Circles	5x each side
Hands, all directions	30sec.
Elbow to Knee	10x, hold the last one for 10sec.
Wrist Circles	10sec.
Wrist Flexion Raises	10x
Shaking the Hands	10sec.
Wrist Flexion Raises (slow)	5x
Shoulder Opener - 3 Ways	1 minute in total
Shoulder Swimmers	10x
Down Dog, bending legs	a few breaths
Runner Stretch, rounding back	5x each leg
Seated Forward Fold	a few breaths

#### 2) STRENGTH & MOVEMENT WORKOUT (no. 4)

Hollowbody Hold	30sec.
Shoulder Tap	12x total
Tuck Jump	5x

Do 3 sets in total

#### 3) HANDSTAND CONDITIONING

Chest to Wall	50sec. or until failure, 1 set
---------------	--------------------------------

#### 4) HANDSTAND DRILLS

Knee Bent Kick Up	10x each leg
Heel Pulls	15-25 reps (apply progressive overload)

Do 2 sets in total (first finish both drills, then repeat)

#### 5) FREESTANDING HANDSTAND

Accumulate 60sec.

**TOTAL TIME ESTIMATE: about 55 minutes**



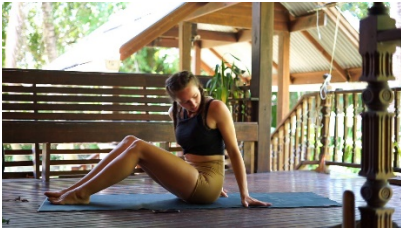
### 1) Handstand Warm-up

Proper joint and muscle preparation is KEY for a successful and injury free handstand. Let's get to it!



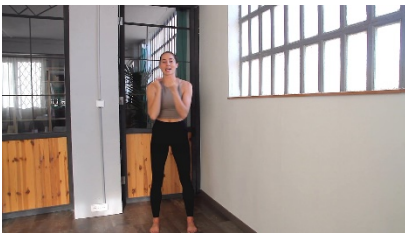
### 2) Strength & Movement Session

This quick and effective strength & movement session will activate your muscles (especially core and upper body) and prepare you for your upside down journey.



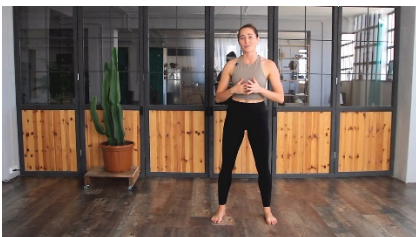
### 3) Handstand Conditioning: Chest to Wall

Hold for 50sec. or until failure, 1 set.



### 4a) Handstand Drills: Knee Bent Kick Up

10 reps each leg, for a total of 20. Do 2 sets (first finish Knee Bent Kick Up and Heel Pulls and then repeat).

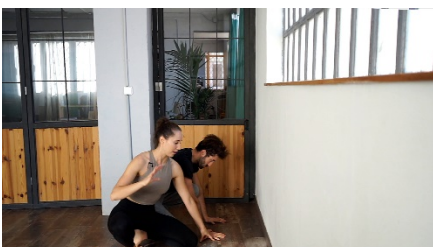


### 4b) Handstand Drills: Heel Pulls

Come into your handstand and do 15 to 25 reps. One rep means one pull away from the wall. If you get tired, feel free to rest and then jump back in to finish the one set, you don't have to do it all in one go.

Do 2 sets (first finish both drills and then repeat).

*Note: 15-25 reps is a very high number, if you're not there yet, it's completely fine! It's a number to strive for but take as much time as you need in order to get there.*





## 5) Freestanding Handstand

Try to accumulate 60sec. in your freestanding handstand. You can first try playing with a freestanding shape and if you feel like you cannot catch even a seconds, take this one to the wall (it's completely fine! Wall is your friend, do not try to rush the process). You can either kick up into scissor shape and then try to bring your legs together or try using "heel pulls" technique - pulling your heels away and then trying to balance.



## Week 6 / Day 4 - REST

Give your body a well deserved rest. Go outside, eat nourishing foods, play.

## Week 6 / Day 5 - Handstand Session (6A)

Repeat Week 6 / Day 1

## Week 6 / Day 6 - Handstand Session (6B)

Repeat Week 6 / Day 3

## Week 6 / Day 7 - REST

Today is a day to just simply chill. Rest is as important as the exercises itself!

## Week 7

### This is what WEEK 7 is about..

Week 7 is all about technique and balance again. We're adding more seconds to our holds and freestanding handstands, plus we're going to learn one completely new drill - Shoulder Line Push Up. This one can feel a bit scary, so if you need to, revisit the section of How to Fall from a Handstand - you will feel much more secure then!

### SCHEDULE

You will be alternating between Handstand Session A and B. Warm-up session is the same for the whole week, while strength & movement session and handstand drills are changing.

The schedules below are for easier orientation in the program. By now you might be familiar with the warm-ups and the drills, so videos might not be needed or you might want to take your practice to the gym. This schedule enables you to do that.

### Week 7 / Day 1 - Handstand Session (7A)

#### WEEK 7: HANDSTAND SESSION A

##### 1) HANDSTAND WARM UP (no. 2)

Head Up and Down	10x
Head Side to Side	10x, hold last for 5sec.
Shoulder Circles	5x each side
Hands, all directions	30sec.
Body Back, top of the hands down	30sec.
Wrist Circles	10sec.
Wrist Flexion Raises	10x
Feet Stretch	10sec.
Wrist Flexion Raises	10x
Wrist Circles	10sec.
Down Dog, changing legs	10x
Down Dog, head down	10x
Pancake Stretch	60sec.
Leg Overs	10x each leg

##### 2) STRENGTH & MOVEMENT WORKOUT (no. 5)

Toe Tap	10x, hold for 10sec.
Scapula Push-Up	10x
Straddle Jump	5x

**Do 3 sets in total**

##### 3) HANDSTAND CONDITIONING

Chest to Wall	50sec. or until failure, 1 set
Shrugs	10x, 2 sets

##### 4) HANDSTAND DRILLS

Heel Pulls	20-25 reps (apply progressive overload)
Toe Pulls	20-25 reps (apply progressive overload)

**Do 1 set.**

##### 5) FREESTANDING HANDSTAND Accumulate 60sec.

**TOTAL TIME ESTIMATE: about 60 minutes**

## 1) Handstand Warm-up

Proper joint and muscle preparation is KEY for a successful and injury free handstand. Let's get to it!



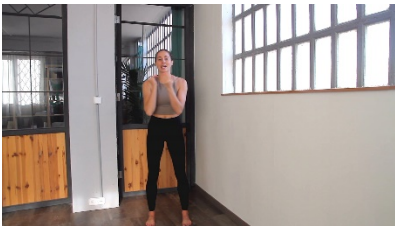
## 2) Strength & Movement Session

This quick and effective strength & movement session will activate your muscles (especially core and upper body) and prepare you for your upside down journey.



## 3a) Handstand Conditioning: Chest to Wall

Hold for 50sec. or until failure, 1 set.



## 3b) Handstand Conditioning: Shrugs

10 reps, 1 sets. If you get tired before the 10 reps are finished, come down, rest and then finish the rest of the reps.

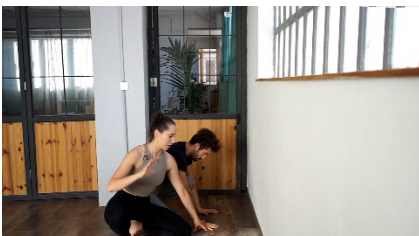


## 4a) Handstand Drills: Heel Pulls

Come into your handstand and do 20-25 reps. One rep means one pull away from the wall. If you get tired, feel free to rest and then jump back in to finish the one set, you don't have to do it all in one go. 1 set.

Apply progressive overload here. Every week we are trying to up our numbers by 3 to 5 reps. Check your notebook and what numbers you had last week and try to add the reps.

*Note: 20-25 reps is a very high number, if you're not there yet, it's completely fine! It's a number to strive for, but take as much time as you need in order to get there.*



#### 4a) Handstand Drills: Toe Pulls

Hopefully by now you are more comfortable with falling and therefore this drills as well. Strive for 20-25 reps, if it's too much, go for a lower number, make note! 3 sets together with Heel Pulls. 1 set.

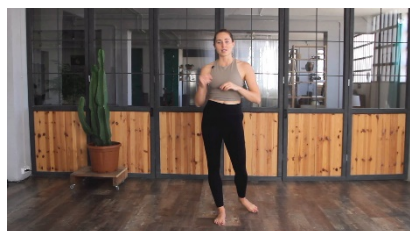
Apply progressive overload here. Every week we are trying to up our numbers by 3 to 5 reps. Check your notebook and what numbers you had last week and try to add the reps.

*Note: 20-25 reps is a very high number, if you're not there yet, it's completely fine! It's a number to strive for, but take as much time as you need in order to get there.*



#### 5) Freestanding Handstand

Try to accumulate 60sec. in your freestanding handstand. If you have been mostly testing your balance with a wall, try to take your handstand into a free space this week and see how it goes. You can use a spotter (check out the bonus "How to Spot a Handstand").



### Week 7 / Day 2 - Handstand Session (7B)

#### WEEK 7: HANDSTAND SESSION B

##### 1) HANDSTAND WARM UP (no. 2)

Head Up and Down	10x
Head Side to Side	10x, hold last for 5sec.
Shoulder Circles	5x each side
Hands, all directions	30sec.
Body Back, top of the hands down	30sec.
Wrist Circles	10sec.
Wrist Flexion Raises	10x
Feet Stretch	10sec.
Wrist Flexion Raises	10x
Wrist Circles	10sec.
Down Dog, changing legs	10x
Down Dog, head down	10x
Pancake Stretch	60sec.
Leg Overs	10x each leg

##### 2) STRENGTH & MOVEMENT WORKOUT (no. 6)

Hollowbody Hold	30sec.
Sitting on Heels to Press	10x
Leg Overs	10x each leg

**Do 3 sets in total**

##### 3) HANDSTAND CONDITIONING

Chest to Wall	50sec. or until failure, 1 set
---------------	--------------------------------

##### 4) HANDSTAND DRILLS

Heel Pulls	20-25 reps (apply progressive overload)
Toe Pulls	20-25 reps (apply progressive overload)
Shoulder Line Push Up	Accumulate 5-10 reps

**Do 1 set.**

##### 5) FREESTANDING HANDSTAND

Accumulate 60sec.

**TOTAL TIME ESTIMATE: about 60 minutes**

## 1) Handstand Warm-up

Proper joint and muscle preparation is KEY for a successful and injury free handstand. Let's get to it!



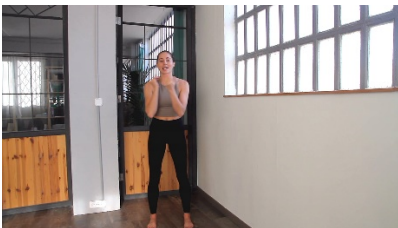
## 2) Strength & Movement Session

This quick and effective strength & movement session will activate your muscles (especially core and upper body) and prepare you for your upside down journey.



## 3) Handstand Conditioning: Chest to Wall

Hold for 50sec. or until failure, 1 set.

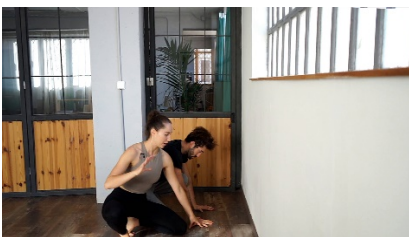


## 4a) Handstand Drills: Heel Pulls

Come into your handstand and do 20-25 reps. One rep means one pull away from the wall. If you get tired, feel free to rest and then jump back in to finish the one set, you don't have to do it all in one go. 1 set.

Apply progressive overload here. Every week we are trying to up our numbers by 3 to 5 reps. Check your notebook and what numbers you had last week and try to add the reps.

*Note: 20-25 reps is a very high number, if you're not there yet, it's completely fine! It's a number to strive for, but take as much time as you need in order to get there.*



## 4b) Handstand Drills: Toe Pulls

Hopefully by now you are more comfortable with falling and therefore this drills as well. Strive for 20-25 reps, if it's too much, go for a lower number, make note! 3 sets together with Heel Pulls. 1 set.

Apply progressive overload here. Every week we are trying to up our numbers by 3 to 5 reps. Check your notebook and what numbers you had last week and try to add the reps.

*Note: 20-25 reps is a very high number, if you're not there yet, it's completely fine! It's a number to strive for, but take as much time as you need in order to get there.*





#### 4c) Handstand Drills: Shoulder Line

Accumulate 5 to 10 reps. If you fall from it, jump right back in to finish the set. Only 1 set.



#### 5) Freestanding Handstand

Try to accumulate 60sec. in your freestanding handstand. If you have been mostly testing your balance with a wall, try to take your handstand into a free space this week and see how it goes. You can use a spotter (check out the bonus "How to Spot a Handstand").



#### Week 7 / Day 3 - REST

Give your body a well deserved rest. Go outside, eat nourishing foods, play.

#### Week 7 / Day 4 - Handstand Session (7A)

Repeat Week 7 / Day 1

#### Week 7 / Day 5 - Handstand Session (7B)

Repeat Week 7 / Day 2

#### Week 7 / Day 6 – Mobility Work

Good mobility (especially in your wrists and shoulders) and good hamstring flexibility is essential for a comfortable handstand. The better your mobility, the easier it is going to be to stack your joints on top of each other and use the least amount of force to hold the shape. Let's get to work!



#### Week 7 / Day 7 - REST

Give your body a well deserved rest. Go outside, eat nourishing foods, play.

## Week 8

### This is what WEEK 8 is about..

Last week, everyone! We're going to build up on the things we have learnt in the past few weeks + I'm going to introduce you to a new Handstand shape - Tuck Handstand. This shape is amazing for strengthening your shoulders and challenging your mobility and perception while upside down, so it's great to practice it even if your overall goal is a Freestanding Handstand.

### SCHEDULE

You will be alternating between Handstand Session A and B. Warm-up session is the same for the whole week, while strength & movement session and handstand drills are changing.

The schedules below are for easier orientation in the program. By now you might be familiar with the warm-ups and the drills, so videos might not be needed or you might want to take your practice to the gym. This schedule enables you to do that.

### Week 8 / Day 1 - Handstand Session (8A)

#### WEEK 8: HANDSTAND SESSION A

##### 1) HANDSTAND WARM UP (no. 3)

Ankle Circles	10x each direction
Hamstring Stretch	30sec.
Head Circles	5x each side
Hands, all directions	30sec.
Elbow to Knee	10x, hold the last one for 10sec.
Wrist Circles	10sec.
Wrist Flexion Raises	10x
Shaking the Hands	10sec.
Wrist Flexion Raises (slow)	5x
Shoulder Opener - 3 Ways	1 minute in total
Shoulder Swimmers	10x
Down Dog, bending legs	a few breaths
Runner Stretch, rounding back	5x each leg
Seated Forward Fold	a few breaths

##### 2) STRENGTH & MOVEMENT WORKOUT (no. 7)

Hollowbody Hold	30sec.
Dolphin	5x
L-sit Lifts	5sec. hold

**Do 3 sets in total**

##### 3) HANDSTAND CONDITIONING

Chest to Wall	60sec. or until failure, 1 set
Tuck Slides	5x, 2 sets

##### 4) HANDSTAND DRILLS

Heel Pulls	25-30 reps (apply progressive overload)
Toe Pulls	25-30 reps (apply progressive overload)

**Do 1 set.**

##### 5) TUCK HANDSTAND

Accumulate 30sec.

##### 6) FREESTANDING HANDSTAND

Accumulate 60sec.

**TOTAL TIME ESTIMATE: about 60 minutes**

### 1) Handstand Warm-up

Proper joint and muscle preparation is KEY for a successful and injury free handstand. Let's get to it!



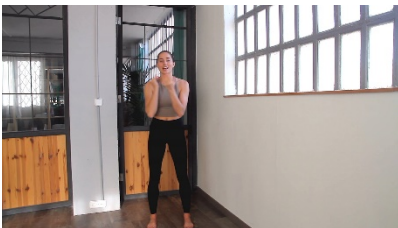
### 2) Strength & Movement Session

This quick and effective strength & movement session will activate your muscles (especially core and upper body) and prepare you for your upside down journey.



### 3a) Handstand Conditioning: Chest to Wall

Hold for 60sec. or until failure, 1 set.



### 3b) Handstand Conditioning: Tuck Slides

5 reps, 2 sets. Rest between sets.

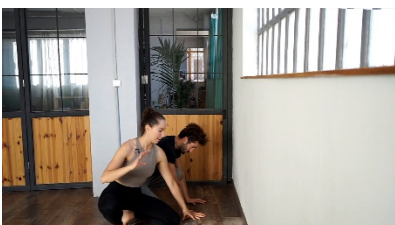


### 4a) Handstand Drills: Heel Pulls

Come into your handstand and do 25-30 reps. One rep means one pull away from the wall. If you get tired, feel free to rest and then jump back in to finish the one set, you don't have to do it all in one go. Only 1 set.

Apply progressive overload here. Every week we are trying to up our numbers by 3 to 5 reps. Check your notebook and what numbers you had last week and try to add the reps.

*Note: 25-30 reps is a very high number, if you're not there yet, it's completely fine! It's a number to strive for, but take as much time as you need in order to get there.*



#### 4b) Handstand Drills: Toe Pulls

Come into your handstand and do 25-30 reps. One rep means one pull away from the wall. If you get tired, feel free to rest and then jump back in to finish the one set, you don't have to do it all in one go. Only 1 set.

Apply progressive overload here. Every week we are trying to up our numbers by 3 to 5 reps. Check your notebook and what numbers you had last week and try to add the reps.

*Note: 25-30 reps is a very high number, if you're not there yet, it's completely fine! It's a number to strive for, but take as much time as you need in order to get there.*



#### 5) Tuck Handstand

Try to accumulate 30sec. by the wall but away from the wall (balancing).



#### 6) Freestanding Handstand

Try to accumulate 60sec. in your freestanding handstand.





## Week 8 / Day 2 - Handstand Session (8B)

### WEEK 8: HANDSTAND SESSION B

#### 1) HANDSTAND WARM UP (no. 3)

Ankle Circles	10x each direction
Hamstring Stretch	30sec.
Head Circles	5x each side
Hands, all directions	30sec.
Elbow to Knee	10x, hold the last one for 10sec.
Wrist Circles	10sec.
Wrist Flexion Raises	10x
Shaking the Hands	10sec.
Wrist Flexion Raises (slow)	5x
Shoulder Opener - 3 Ways	1 minute in total
Shoulder Swimmers	10x
Down Dog, bending legs	a few breaths
Runner Stretch, rounding back	5x each leg
Seated Forward Fold	a few breaths

#### 2) STRENGTH & MOVEMENT WORKOUT (no. 8)

Bodyline Hold	20sec.
Shoulder Tap	10x total
Straddle Jumo	5x

**Do 3 sets in total**

#### 3) HANDSTAND CONDITIONING

Chest to Wall	60sec. or until failure, 1 set
---------------	--------------------------------

#### 4) HANDSTAND DRILLS

Heel Pulls	30-35 reps (apply progressive overload)
Toe Pulls	30-35 reps (apply progressive overload)
Shoulder Line Push Up	Accumulate 8-12 reps

**Do 1 set.**

#### 6) FREESTANDING HANDSTAND

Accumulate 60sec.

**TOTAL TIME ESTIMATE: about 60 minutes**

### 1) Handstand Warm-up

Proper joint and muscle preparation is KEY for a successful and injury free handstand. Let's get to it!



### 2) Strength & Movement Session

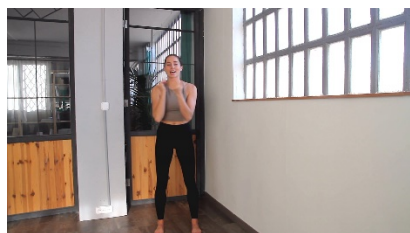
This quick and effective strength & movement session will activate your muscles (especially core and upper body) and prepare you for your upside down journey.





### 3) Handstand Conditioning: Chest to Wall

Hold for 60sec. or until failure, 1 set.

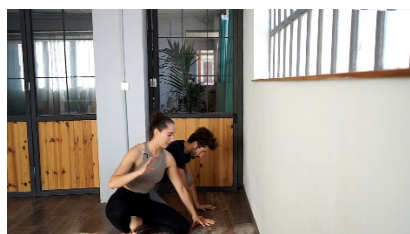


### 4a) Handstand Drills: Heel Pulls

Come into your handstand and do 25-30 reps. One rep means one pull away from the wall. If you get tired, feel free to rest and then jump back in to finish the one set, you don't have to do it all in one go. Only 1 set.

Apply progressive overload here. Every week we are trying to up our numbers by 3 to 5 reps. Check your notebook and what numbers you had last week and try to add the reps.

*Note: 25-30 reps is a very high number, if you're not there yet, it's completely fine! It's a number to strive for, but take as much time as you need in order to get there.*

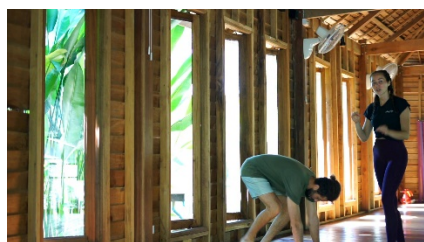


### 4b) Handstand Drills: Toe Pulls

Come into your handstand and do 25-30 reps. One rep means one pull away from the wall. If you get tired, feel free to rest and then jump back in to finish the one set, you don't have to do it all in one go. Only 1 set.

Apply progressive overload here. Every week we are trying to up our numbers by 3 to 5 reps. Check your notebook and what numbers you had last week and try to add the reps.

*Note: 25-30 reps is a very high number, if you're not there yet, it's completely fine! It's a number to strive for, but take as much time as you need in order to get there.*



### 4c) Handstand Drills: Shoulder Line

Accumulate 8 to 12 reps. Either do them in one go or if you fall or get tired, come down, rest and then finish the set. 1 set in total.

Apply progressive overload: If you haven't done 5 reps last time, do not go for 7 reps yet, strive for 5.



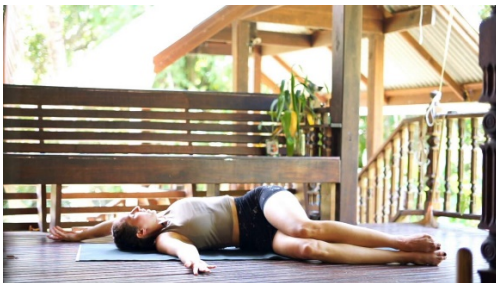
## 5) Freestanding Handstand

Try to accumulate 60sec. in your freestanding handstand.



## Week 8 / Day 3 – Mobility Work

Good mobility (especially in your wrists and shoulders) and good hamstring flexibility is essential for a comfortable handstand. The better your mobility, the easier it is going to be to stack your joints on top of each other and use the least amount of force to hold the shape. Let's get to work!



## Week 8 / Day 4 - Handstand Session (8A)

Repeat Week 8 / Day 1

## Week 8 / Day 5 - Handstand Session (8B)

Repeat Week 8 / Day 2

## Week 8 / Day 6 - REST

Give your body a well deserved rest. Go outside, eat nourishing foods, play.

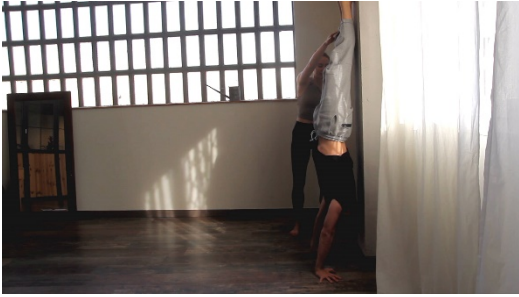
## Week 8 / Day 7 - REST

Give your body a well deserved rest. Go outside, eat nourishing foods, play.

## BONUS SECTION

### Press to Handstand Negatives

Watch the video for reps guidance.



### How to Spot a Handstand (Partner Work)



## THIS IS IT!

### What to do next?

Big congrats for finishing the program, I hope you have enjoyed the journey! Your practice hopefully doesn't end here. Take this program as a big tool box and feel free to cherry pick what suits you to continue your handstanding practice.

You can also repeat the whole program if you feel like it and see how much you have progressed. If repeating the program doesn't excite you, but you want to continue your handstand practice, I would suggest taking Week 7 & 8 and going by their programming.