



handstand mobility

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Are you working on your handstands or other weight bearing move? Then these following moves are absolutely essential!

Do them before every one of your sessions.

One round is generally enough.

wrist circles

- Sit comfortably, bend your elbows and start circling your hands.
- Nice and big circles, go slow or fast, whatever feels best.
- Repeat 10 times one direction and then switch directions.



first knuckle push-up



- Start in a Tabletop position with your hands underneath your shoulders.
- Keep the fingers on the mat, lift up your palms and then slowly put them back.
- You can make this exercise easier by bringing your knees closer to your hands.
- Make sure your shoulders are above your knuckles, not behind, the more weight there is on your hands, the harder it will be.
- Repeat for 10 repetitions.

shoulder opener

- Start in an Extended Puppy Pose – knees under your hips and your arms stretched out.
- Tuck your tailbone and bring your belly to the spine, keep your hands pressing to the mat.
- Hold this position for 30 seconds.
- After that, arch your back, bringing your chest as close to the mat as possible for 20 seconds.
- For the last 10 seconds, re-tuck your tailbone, bringing the belly to the spine while trying to keep your armpits as close to the mat as possible.



lat stretch



- Lie down on your belly, extend your left arm to the side with a 90 degree bend in your elbow.
- Lift up your right leg and roll over to the left side.
- Right hand is pressing to the ground, helping you shift the body.
- Find the floor with your right foot.
- Stay for 30 seconds on each side.