

# Handstand Physical Preparation

## Day 1

5 Rounds of 8 exercises

| Numbers of Repetitions | Name of the exercise    | Notes                      |
|------------------------|-------------------------|----------------------------|
| 20x                    | Handstand walk to Plank | Go parallel to the floor   |
| 20x                    | Squats Jumps            | Go Low                     |
| 20x                    | Press to Straddle Chair | Keep legs straight         |
| 20x each side          | Retire to Plane         | Stay in balance on one leg |
| 20x                    | Push Ups closed Arms    | High Feet                  |
| 20x                    | Kick Ups on Chair       | Legs together              |
| 20x each side          | Front Battements        | Keep legs straight         |
| 1 Min                  | Handstand               | Face to the wall           |

## Abdominal Exercises

4 Rounds of 4 Exercises

| Plank Knee Twist | Russian Twists 1 Leg | Crunches Knee/Elbow | Bicycle to Straddle |
|------------------|----------------------|---------------------|---------------------|
| 20x              | 20x                  | 20x                 | 20x                 |

## Day 2

5 Rounds of 8 exercises

| Numbers of Repetitions | Name of the exercise         | Notes                      |
|------------------------|------------------------------|----------------------------|
| 20x                    | Handstand Tuck Ups and Downs | Touch your thighs to belly |
| 20x                    | Sumo Squat Jumps             | Go Low                     |
| 25x                    | Stomach to Pike Press        | Lift your feet at the end  |
| 20x each side          | Bulgarian Lunges             | Bend as low as your knees  |
| 20x                    | Push Ups Large               | High Feet                  |
| 20x                    | Dorsal Birds                 | Go as high as you can      |
| 20x each side          | Side Battements              | Legs Straight              |
| 20x                    | Headstand to Handstand       | Kick your legs up to help  |

## Abdominal Exercises

4 Rounds of 4 Exercises

| Cross Cross Downs,<br>Straight Ups | Plank touch Feet | 2 Bicycles - 2 Splits | Butt Lifts |
|------------------------------------|------------------|-----------------------|------------|
| 20x                                | 20x              | 20x                   | 20x        |

## Day 3

5 Rounds of 8 exercises

| Numbers of Repetitions | Name of the exercise     | Notes                        |
|------------------------|--------------------------|------------------------------|
| 20x                    | Straddle Ups and Downs   | Legs Straight                |
| 20x                    | Lunge Jumps              | Go Low                       |
| 25x                    | Pike Chair Ups and Downs | Legs Straight                |
| 20x each side          | Alternate Side Squats    | Go as low as your knees      |
| 20x                    | Push Ups Pike            | High Feet                    |
| 1 Minute               | Dorsal Swimming          | Straight Arms and legs       |
| 20x each side          | Back Battements          | Legs Straight                |
| 30 sec each side       | Placement One Arm        | Keep your body line straight |

## Abdominal Exercises

4 Rounds of 4 Exercises

| Tuck to Pike | Side Plank Crunches<br>Left | Side Plank Crunches<br>Right | Claps Crunches |
|--------------|-----------------------------|------------------------------|----------------|
| 30x          | 20x                         | 20x                          | 20x            |