

Handstand Physical Preparation

Monday

5 Rounds of 8 exercises

Numbers of Repetitions	Name of the exercise	Notes
20x	Straddle Legs Lifts	Back straight on the wall
1 Minute	Handstand	Stomach on the wall
20x	Push Ups	Closed arms
1 Minute	Straddle Legs Lifts Hold	Back straight on the wall
20x	Dips on Chair	Bend arms to 90°
20x	Angels	Legs and arms straight
20x	Squats	Hip width
1 Minute	Plank	Shoulders in front

Abdominal Exercises

4 Rounds of 4 Exercises

Tuck Ups	Russian Twists Tuck	Tuck Hold	Classic Crunches
25x	20x	1 Minute	25x

Wednesday

5 Rounds of 8 Exercises

Numbers of Repetitions	Name of the exercise	Notes
20x	Pike Legs Lifts	Back straight on the wall
1 Minute	Handstand	Stomach on the wall
20x	Push Ups	Large Arms
1 Minute	Pike Legs Lifts Hold	Back straight on the wall
20x	Superman Pull Down	Legs on floor
20x	Open Plank Elbow Up and Down	Back round to straight
20x	Sumo Squats	Bend as low as your knees
20x	Plank Alternate Legs Ups	Shoulders in front

Abdominal Exercises

4 Rounds of 4 Exercises

Straddle Ups	Fishes	Gainage Hold	Hands Butt Splits Kicks
25x	20x each Sides	1 Minutes	20x

Friday

5 Rounds of 8 exercises

Numbers of Repetitions	Name of the exercise	Notes
20x	Alternate Front Lunge	Keep shoulders above the hips
1 Minute	Handstand	Stomach on the wall
20x	Push Ups Pike	Head touch the floor
30 Second Each	Straddle Hold and Pike Hold	Keep legs straight
20x	Stomach Slide to Pike	Bend elbows to pull and push
20x	Star Angels	Open legs and arms
1 Minute	Wall Chair	No hands on legs
1 Minute	Plank Feet on Chair	Shoulders in front

Abdominal Exercises

4 Rounds of 4 Exercises

Pike Ups	Russian Twists Pike	Pike Hold	Starfish Crunches
25x	20x	1 Minute	20x