

HANDSTAND PUSH-UPS

Week 1

PREREQUISITE	<ul style="list-style-type: none"> - 10 or more push-ups from the toes - The ability to kick up to the wall - 20 seconds or more, handstand hold
DAY 1	<ol style="list-style-type: none"> 1) 3 × 10 reps push-ups 2) 5 × 3 reps partial wall walk + :03 hold <ul style="list-style-type: none"> - Take 2-4 steps toward the wall and then hold that position. 3) 100 banded pull-aparts <ul style="list-style-type: none"> - Use a thin band
DAY 2	<ol style="list-style-type: none"> 1) 3 × 10 reps seated dumbbell shoulder presses <ul style="list-style-type: none"> - Use two dumbbells. Increase loading, but maintain unbroken reps. 2) 10 × 50-foot single-arm overhead kettlebell carry <ul style="list-style-type: none"> - Perform 5 sets on the right arm and 5 on the left. - Increase loading, but maintain unbroken distance and locked-out arm. 3) 4 × 20 seconds hollow body hold 4) 100 banded tricep pull-downs <ul style="list-style-type: none"> - Use a thin band
DAY 3	<ol style="list-style-type: none"> 1) 3 × 12 reps push-ups 2) 5 × 3 reps partial wall walk + :03 hold <ul style="list-style-type: none"> - Take 2-4 steps toward the wall and then hold that position. 3) 2 × 10 reps dumbbell Y-T-A raises <ul style="list-style-type: none"> - Use light dumbbells
WEEKLY TECHNIQUE DEVELOPMENT	<ol style="list-style-type: none"> 1) Falling HSPU to plank <ul style="list-style-type: none"> - Kick horizontally to a plank 2) Handstand weight shifts, back-to-wall 3) Headstand leg raises <ul style="list-style-type: none"> - Bent leg, against the wall
RECOMMENDED STRETCHING	<ol style="list-style-type: none"> 1) Banded shoulder stretch 2) Double-forearm stretch 3) Lacrosse-ball shoulder mash 4) Reach, roll, and lifts

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Week 2

DAY 4	<ol style="list-style-type: none"> 1) 3 × 10 reps piked push-ups <ul style="list-style-type: none"> - Pick your hips up in the air and walk your feet close to your hands. set up an AbMat or mat as a target for your head. Start in the downward dog position and finish in down dog. 2) 5 × 3 reps full wall walk + :03 hold <ul style="list-style-type: none"> - Walk back toward the wall until your chest hits the wall. Do not over-extend your body toward the wall. 3) 100 banded pull-aparts <ul style="list-style-type: none"> - Use a thin band
DAY 5	<ol style="list-style-type: none"> 1) 4 × 10 reps dumbbell push presses <ul style="list-style-type: none"> - Use two dumbbells. Increase loading, but maintain unbroken reps. 2) 8 × 100-foot single-arm overhead kettlebell carry <ul style="list-style-type: none"> - Perform 4 sets on the right arm and 4 on the left. - Increase loading, but maintain unbroken distance and locked-out arm. 3) 4 × 15 reps hollow body rocks 4) 100 banded tricep pull-downs <ul style="list-style-type: none"> - Use a thin band
DAY 6	<ol style="list-style-type: none"> 1) 4 × 8 reps piked push-ups <ul style="list-style-type: none"> - Pick your hips up in the air and walk your feet close to your hands. Set up an AbMat or mat as a target for your head. Start in the downward dog position and finish in down dog. - Increase the difficulty from Day 4. Walk your feet closer to your hands, or elevate your feet on a box. 2) 5 × 3 reps full wall walk + :03 hold <ul style="list-style-type: none"> - Walk back toward the wall until your chest hits the wall. Do not over-extend your body toward the wall. 3) 2 × 10 reps dumbbell Y-T-A raises <ul style="list-style-type: none"> - Use light dumbbells
WEEKLY TECHNIQUE DEVELOPMENT	<ol style="list-style-type: none"> 1) Falling HSPU to plank <ul style="list-style-type: none"> - Kick at a 45-degree angle and fall to a plank 2) Handstand weight shifts, back to wall 3) Headstand leg raises <ul style="list-style-type: none"> - Straight leg, against the wall
RECOMMENDED STRETCHING	<ol style="list-style-type: none"> 1) Banded shoulder stretch 2) Double-forearm stretch 3) Lacrosse-ball shoulder mash 4) Reach, roll, and lifts

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Week 3

DAY 7	<ol style="list-style-type: none"> 1) 6 × 5 reps piked push-ups <ul style="list-style-type: none"> - Pick your hips up in the air and walk your feet close to your hands. Set up an AbMat or mat as a target for your head. Start in the downward dog position and finish in down dog. - Increase the difficulty from Day 4. Walk your feet closer to your hands, or elevate your feet on a box. 2) 5 × 3 reps kick up to handstand + :03 hold 3) 3 × 3 reps handstand push-up negatives <ul style="list-style-type: none"> - Under control, lower your head to the floor on a 2-count. If necessary, add 1-2 mats below your head to maintain control. 4) 100 banded pull-aparts <ul style="list-style-type: none"> - Use a thin band
DAY 8	<ol style="list-style-type: none"> 1) 5 × 6 reps seated dumbbell shoulder presses <ul style="list-style-type: none"> - Use two dumbbells. Increase loading, but maintain unbroken reps. 2) 8 × 100-foot single-arm overhead kettlebell carry <ul style="list-style-type: none"> - Perform 4 sets on the right arm and 4 on the left. - Increase loading, but maintain unbroken distance and locked-out arm. 3) 4 × 20 reps hollow body rocks 4) 100 banded tricep pull-downs <ul style="list-style-type: none"> - Use a thin band
DAY 9	<ol style="list-style-type: none"> 1) 5 × 3 reps handstand push-up negatives <ul style="list-style-type: none"> - Under control, lower your head to the floor on a 2-count. If necessary, add 1-2 mats below your head to maintain control. 2) 3 × 20 reps alternating shoulder taps <ul style="list-style-type: none"> - Place your feet on a box and position yourself in a pike to perform the shoulder taps. 3) 2 × 10 reps dumbbell Y-T-A raises <ul style="list-style-type: none"> - Use light dumbbells
WEEKLY TECHNIQUE DEVELOPMENT	<ol style="list-style-type: none"> 1) Falling HSPU to high mats <ul style="list-style-type: none"> - Kick at a 45-degree angle and land feet on an elevated surface 2) Handstand weight shifts, stomach to wall 3) Headstand leg raises <ul style="list-style-type: none"> - Bent legs, off the wall
RECOMMENDED STRETCHING	<ol style="list-style-type: none"> 1) Banded shoulder stretch 2) Double-forearm stretch 3) Lacrosse-ball shoulder mash 4) Reach, roll, and lifts

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Week 4

DAY 10	<ol style="list-style-type: none"> 1) 7 × 3 reps handstand push-up negatives <ul style="list-style-type: none"> - Under control, lower your head to the floor on a 2-count. If necessary, add 1-2 mats below your head to maintain control. 2) 5 × 12 reps alternating shoulder taps <ul style="list-style-type: none"> - Perform a wall walk to position your stomach against the wall, then perform your shoulder taps. 3) 100 banded pull-aparts <ul style="list-style-type: none"> - Use a thin band
DAY 11	<ol style="list-style-type: none"> 1) 5 × 6 reps dumbbell push presses <ul style="list-style-type: none"> - Use two dumbbells. Increase loading, but maintain unbroken reps. 2) 10 × 100-foot single-arm overhead kettlebell carry <ul style="list-style-type: none"> - Perform 5 sets on the right arm and 5 on the left. 3) Increase loading, but maintain unbroken distance and locked-out arm. <ul style="list-style-type: none"> - 8 sets x 20 seconds hollow body rocks and 10 seconds rest 4) 100 banded tricep pull-downs <ul style="list-style-type: none"> - Use a thin band
DAY 12	<ol style="list-style-type: none"> 1) Handstand push-up attempts <ul style="list-style-type: none"> - Focal points: Keep your body rigid as you lower yourself to the ground. As your head touches the ground, drive away fast.
WEEKLY TECHNIQUE DEVELOPMENT	<ol style="list-style-type: none"> 1) Falling HSPU to the wall <ul style="list-style-type: none"> - Kick straight up and land feet against the wall 2) Handstand weight shifts, stomach to wall 3) Headstand leg raises <ul style="list-style-type: none"> - Straight legs, off the wall
RECOMMENDED STRETCHING	<ol style="list-style-type: none"> 1) Banded shoulder stretch 2) Double-forearm stretch 3) Lacrosse-ball shoulder mash 4) Reach, roll, and lifts