

INTRODUCTION TO HANDSTANDS

KEY INFORMATION

VOCABULARY [WHERE IS WHAT]

EXPLANATION OF ALIGNMENT [STACKING THE BLOCKS]

EXPLANATION OF STRADDLE

POSITION OF THE HANDS

- DISTRIBUTION OF THE WEIGHT IN YOUR HAND
- WRIST/FOREARM REINFORCEMENT

POSITION OF THE HEAD

PHYSICAL PREPARATION & ALIGNMENT

CORE/BODY ALIGNMENT DRILLS I [PLANKS, HOLLOW, DISH]

CORE/BODY ALIGNMENT DRILLS II [WHEELBARROW, PIKE, WALKOUTS, SLIDING]

CORE/BODY ALIGNMENT [HOLLOW TO V-SIT, LOWER BACK STRENGTHENING]

SHOULDERS [PASSIVE FLEXIBILITY, ACTIVE FLEXIBILITY, OPENING]

HIPS [TUCK, STRADDLE, PIKE]

LEGS [COMPRESSION, LEG LIFTS]

PHYSICAL PREPARATION & ALIGNMENT [DETAILED]

CORE/BODY ALIGNMENT DRILLS I

- HANDSTAND PLANK – 30 SECS – FRONT & SIDE
- HOLLOW – 20-30 SEC
- EXTENSION – 20-30 SEC

CORE/BODY ALIGNMENT DRILLS II

- WHEELBARROW – 6 – 10 STEPS
- PIKE WALKOUTS [INCHWORM] – 5 – 8 REPS
- HOLLOW TO PIKE RAISES – 5 – 8 REPS
- SLIDING: PLANK TO PIKE – 4 – 6 REPS

CORE/BODY ALIGNMENT [HOLLOW TO V-SIT, LOWER BACK STRENGTHENING]

- HIGH TO ELBOW HANDSTAND PLANKS – 5-10 REPS
- LEG LIFTS IN SIDE PLANK – 5 – 10 REPS
- LOWER BACK I: UPPER BODY EXTENSIONS – 5 – 10 REPS
- LOWER BACK II: LOWER BODY EXTENSIONS – 5 – 10 REPS

- HOLLOW TO V-SIT – 8 – 10 REPS

SHOULDERS

- PASSIVE FLEXIBILITY – 30 – 60 SEC
- ACTIVE FLEXIBILITY I – PAILS/RAILS – 10 – 30 SEC
- ACTIVE FLEXIBILITY II – SWIMMERS – 5 – 8 REPS
- OPENING WITH ELASTIC – 6 – 10 REPS

HIPS

- LEARNING TO TUCK / ISOMETIC – 20 – 30 SEC
- HOLLOW TO TUCK – 6 – 8 REPS
- STRADDLE ROLL UPS – 3 – 5 REPS
- PIKE: BENT LEG PRESS – 4 – 6 REPS

LEGS

- LEG LIFTS – 4 – 8 REPS
- CHAIR HOLD – 6 – 10 SEC
- DYNAMIC STRADDLE COMPRESSION – 6 – 10 REPS
- WALL ASSISTED COMPRESSION – 3 – 5 REPS