

Introduction to Handstands

Sunday 24 May

09:30-10:30am

Have you ever wanted to learn a handstand but assumed it was only for gymnasts or elite athletes? Or perhaps unaware of the tremendous strength and the myriad of health benefits of training this way?

This Introduction to Handstands class is designed specifically for complete beginners. No experience is required, and there is no expectation that you must go upside down – it will still be a fun and engaging session.

Instead, we focus on building the foundations required to safely and successfully learn the skill.

What You Will Learn

A handstand is not just about kicking your legs up - it is a full-body skill built on three essential elements:

- Strength and stability
- Mobility and flexibility
- Balance and coordination

We will introduce you to:

- Wrist, shoulder, and core preparation
- Foundational strength and compression drills
- Mobility and flexibility needed for a two-arm, straight, free-standing handstand
- Proper body alignment and positioning
- How balance works and how to develop it
- Safe entry and exit techniques
- Confidence when working upside down

Our classes include structured preparation for the wrists, shoulders, hips, and core, followed by drills that progressively develop the physical attributes required for handstands. Many of these drills are done on the ground and are challenging workouts in their own right.

Who This Program Is For

This program is suitable for:

- ✓ Complete beginners
- ✓ Anyone curious about learning handstands
- ✓ Members wanting to improve strength, mobility, and body control
- ✓ Anyone who enjoys learning new movement skills

All drills are scalable to your level, and participants work within their own ability.

What Happens Next?

If you wanted to continue this practice, participants can continue with our 6 week intro course or join our mainstream handstand training classes at Gravity Laboratory. Here you will achieve your two-arm straight free-standing handstand and you can then progress to learning shapes, Handstand Push-ups, One-Arm and more advanced training as your interest dictates.

This program provides the foundations that make long-term handstand training safe, enjoyable, and achievable.

Important Notes

- Open to all ages and fitness levels
- No prior experience required
- No requirement to go upside down
- Expect a great full-body workout (yes, it's a lot of legs/hips which people are always surprised at!)

Handstands are a fun and rewarding journey - this session simply provides the right starting point to save you months in achieving this body mastery skill!