

# Jonathan Last

Online training | Beginner Level



@Jonathan\_Last



@Jonathan Last



# Hello!

My name's Jonathan and I'm a hand balancing and movement coach. I'm also an external processor, which I think you will realise after a few pages of this programme.

So I suspect I know what most of you are thinking - it might be something like:

- Why is this absolute psycho giving away free stuff?
- What does he want from me?
- Is this a sales pitch?
- Does he have cookies?

I'm going to be really honest, if you don't mind. We've got a month together so you should probably get used to me now. My heart absolutely breaks when I see people use isolation as a way to make money. This virus is invading our planet and it's absolutely unacceptable to use this as an opportunity to make extra profit. Like myself, thousands of people have lost all or part of their monthly income.

As I see it, I have **two choices**:

Save myself, my family and make money to protect my tribe, or;

**Give, radically**, in the only way I know how - put other people's needs before my own and choose to serve as Jesus served rather than self-protect.

**I want nothing from you, absolutely zero**, I give little to no monkeys if you don't follow me on Instagram, I don't want your shout-outs and I don't want

your praise. **I'm simply doing this because God loves you**; He said that He loves you SO much that you're worth dying for. I'm not preaching, I'm just telling you why I decided to do this.

This isn't a sales pitch, I just ask that you don't sell this product (if you hear of people doing this please let me know) and I also won't be giving you personal feedback, as I do with my paid clients. Please respect this (but of course I want to celebrate if you learn your first handstand)!

I do have cookies and they're mine. Go one then,... just one... Wash your hands first.



# Essential info

Now, this programme is a **BEGINNERS PROGRAMME** but the term beginner is incredibly varied so I've set it out in the following colour coded format.

Choose your group from the grid below and stick with this for the month. During your training practice the drills are highlighted in YOUR colour.

Team effort

These drills should be practiced by all three groups

Can't wait to show this to my Nan

Absolute beginner

I'm just here for the Gram

Moderate beginner

Hold my pint

Advanced beginner

First things first... **DISCLAIMER:** You are responsible for your own safety and protection. I accept NO responsibility for your safety/health/ life during your training. If you don't wish to take on this responsibility then please don't go on any further.

Below are a selection of videos explaining most of the drills that are in the programme.

Sadly I don't have all the **ESSENTIAL INFORMATION** in video format as I normally explain this individually, to each client - so here are a few things you should know:

Always warm up your wrists before class

If you don't have a spotter (someone to hold your legs) or you're scared to do these without a wall then please feel free to use a wall at any point

If you start to get any sharp or repetitive pain then please stop and seek advice from a healthcare professional

I've also added some basic mobility/conditioning and movement drills for ya'll.

These don't include sets/reps or a time limit so please use as you like.



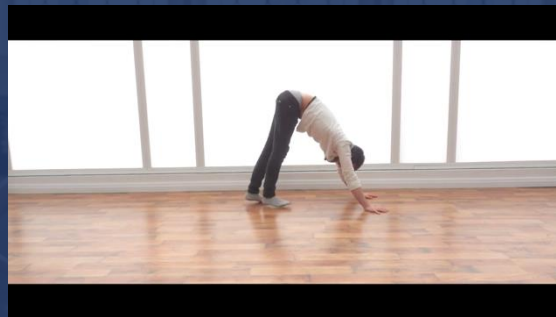


# Video library

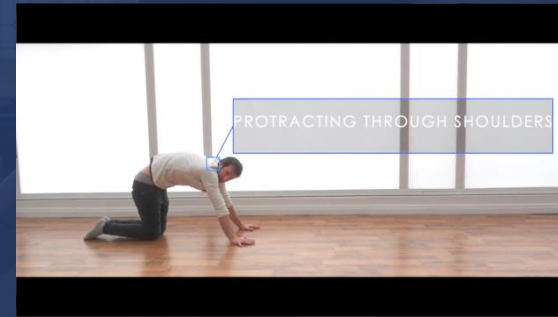
This is your **video library**. I suggest you take some time to watch these before you do your training so you don't have to keep going onto YouTube half way through your training.



7 Minutes In Devon



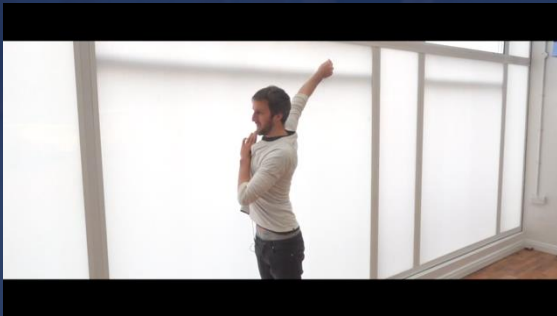
Inch Worm



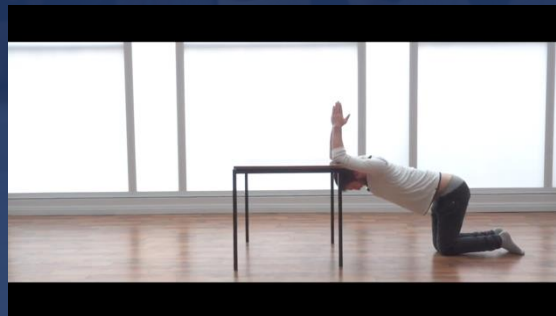
Pike Slide



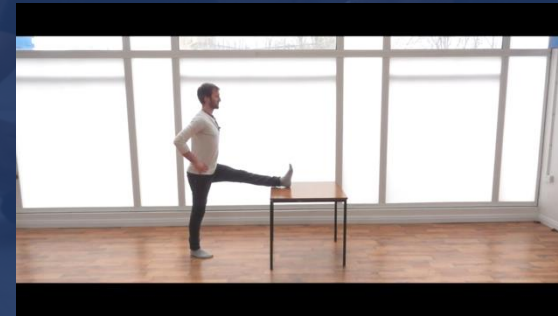
Spine Role



Shoulders 1



Shoulders 2



Ostrich Walk Prep



Ostrich Walk





Wrist Prep



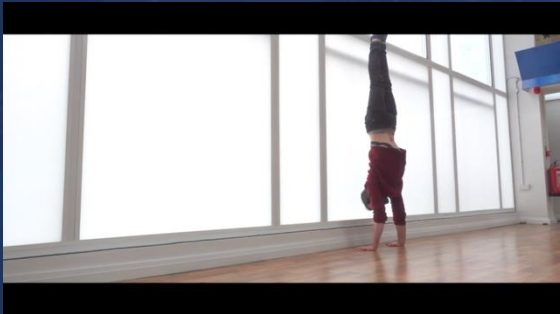
Hand Position



Wall Kicks



Wall Climbs



Wall Scap Raises



Twist Outs



1 Second Shape



Half Handstands



1-5



Cartwheel





week 1



# Goals

Alright Handstand Army, I'm excited to be part of your journey. So basically handstands can be single-handedly the most frustrating discipline out there. No word of a lie, I frequently get high level students coming to me crying because of handstand frustrations. These include:

## 1. Not being as good as they were the day before

...that's pretty much it. This one reason determines the happiness of so many of my students. Do you know what I lovingly tell them in response to this?

“SHUT YA FACE AN GIT BK ON UR HANZ”

Obviously I don't actually say that to them, well not in those exact words but there's something really important to learn from this. Don't put your happiness in what you do, because if it's taken away from you, you're left with a void.

I tell my students that they are beautiful humans first and that their circus discipline is simply an extension of who they are. For the first few years handstands are SUPER INCONSISTENT, so the sooner you accept this the better.

Below I've constructed an accurate graph based on data I've collected from my years as a Hand balancing and movement coach.





# Goals

Two common things happen - people get REALLY happy when they have a great training session OR they've had such a bad session that they feel like their world is crashing in around them. As we see in my graph above (!), your sessions are going to change from day to day, so and a little tip I like to tell people is NEVER to judge your progress on a session to session basis. I personally believe that you shouldn't base your rate of improvement by anything less than six months. Over six months there should be some kind of improvement, no matter how slow or minor it is.

**2. The second thing** I want to talk to you about is your line. Don't worry about it. Simple. I don't give a royal crumpet what my student's line looks like until they can hit a 30 second free standing handstand. Some coaches love teaching line first and that's great for them. In my experience it's best to start by helping someone feel the sensation of balance first.

For example, my son is currently learning to stand. This is new to him so he's unstable and not standing with correct posture like an adult. As he learns to recognise the sensation of balance he will start to develop a mind/ body connection - it will become more familiar to him and the byproduct of this will be an increase in his confidence. As his confidence increases so will his ability to find the most effective position to stand in. This is JUST LIKE YOU right now. Your handstand might look like poop BUT it will get better over time as you develop your familiarity and awareness of balancing upside-down.



# Primary Goal

This week is very much a trial week to see how you get on with the programme. Please feel free not to follow the frequency I've suggested. I'm aware that some of you are working long hours with the current pandemic so just do the training when you find the time. (While we're here, THANK YOU to anyone who is working in a job that's absolutely critical at the moment. We all appreciate you. As for the rest of you, stuck at home... do the frequency I've set if you want to see some GAINZ!)

# Secondary Goal

Find gifs of animals doing parkour and send them to me on Instagram.





# Week 1

Skill	Reps/Time	Sets	Frequency
Inch Worm	5	1	3 Days
Pike Slides	5	1	3 Days
Wall Kicks	5	5	6 Days
Wall Scap Raises	5	3	3 Days
Wall Climbs	1 (going up is 1 rep)	5 (Allow breaks)	3 Days
7 minutes in Devon (Start with 20 seconds in each shape then work up over the period of this month)			Last training day of the week
Wall Kicks	5	5	6 Days
Half Handstands	5 minutes		6 Days
1-5	5 minutes		6 Days
Wall Scap Raises	10	3	3 Days
7 minutes in Devon (Start with 30 seconds in each shape then work up over the period of this month)			Last training day of the week
Half Handstands	5	10	6 Days
1-5	15 minutes		6 Days
1 Second Shape	5 minutes	Allow breaks	6 Days
Wall Endurance (Chest Facing)	30 seconds	6	Monday, Wednesday Friday
7 minutes in Devon (Start with 45 seconds in each shape then work up over the period of this month)			Last training day of the week





# week 2



# Goals

A person is performing a handstand on a paved surface. They are wearing a light-colored t-shirt and dark shorts. Their head is tucked down, and their arms are extended to the ground. The background is slightly blurred, showing an outdoor setting with some furniture.

Hopefully this week you're seeing improvement in one of the following:

1. **Your confidence**
2. **Your understanding of what's going on**
3. **Your endurance**

Now, it's absolutely fine if you're not seeing the GAINZ you thought you'd see. Remember, it's a marathon not an Instagram photo. Even if your rate of improvement is 1% in ANY of those fields then you're doing great. If not... I think we should end our relationship here...JOKES of course not!

Dude, if you could have seen me learning to handstand you'd feel great.

some

Also worth noting, your wrists are going to feel sore - this is totally normal. They probably haven't had to support your **ENTIRE** bodyweight before. Be kind to yourself and know that this is not permanent. If you have super limited wrist flexion (Google that if lost) then I always recommend learning to handstand on blocks. You can purchase handstand blocks on Amazon I think.

It's also interesting to note that I've taught lots of people who had wrist pain **BEFORE** they came to me and after a few months of handstands their pain went away as their mobility and strength increased in their wrists.

If the pain is super uncomfortable please consult a healthcare professional.





# Primary goals

Increased confidence in twisting out away from the wall. If you are in the HOLD MY PINT crew then hopefully we're seeing an increase in consistency in your line.

At this stage there are **two** major points to think about:

1. **Kicking-up and finding the 1 Second Shape**
2. **Consistency (1-5)**

Now I am very proud of the two drills I have created to help with these areas: these are **1 Second Shape** and **1-5**. First off, let's talk about the **1 Second Shape** and why it's such a game changer.

If I take ten people (normal people) and put them in a handstand, spot them till they are on balance and take my hands away, roughly seven people will hold the handstand for a few seconds. It's a common trick a lot of "handstand teachers" do. This gimmick inspires the class and increases excitement. But what about the first stage in all this... kicking up into the handstand and finding the first shape? For me, it could look piked, arched, messy... it could look like a fruit salad for all I care.



What's important is that the first position you hit when you enter your handstand determines if you're going to balance and stay up or come down back to earth. There is a super fine line at the top and I call this your **1 Second Shape**: the first position you hit at the top of your handstand that is actually on balance. It's essentially the point at which your **centre of gravity** hits the **sweet spot** over your points of balance (hands) and you experience that feeling of weightlessness.

When you hit the **1 Second Shape** It feels SOOOOO good, but this euphoric feeling can end just as quickly as it started (like cake). It can end for many reasons: You kicked up too hard / not hard enough; your legs are too far over; you didn't use your hands... there are loads of reasons. What's important for you is to learn what YOUR **1 Second Shape** feels like. Now as you become more confident in holding your handstand your **1 Second Shape** is going to change and mature, just like my son learning to stand.

Now this drill also goes hand-in-hand with the other exercise I previously mentioned: **1-5**. OH BOY, OH BOY, OH BOY - I'm super proud of this drill. Please watch the video for this drill if you haven't already.





# Week 2

SKILL	REPS/TIME	SETS	FREQUENCY
Inch Worm	8	1	3 Days
Pike Slides	5	1	3 Days
Wall Kicks	10	3	6 Days
Wall Scap Raises	8	3	4 Days
Wall Climbs	1 (going up is 1 rep)	8 (Allow breaks)	3 Days
7 minutes in Devon (30 seconds in each shape then work up over the period of this month)			Monday, Friday
Half Handstands	10 minutes		6 Days
1-5	10 minutes		2 Days
1 Second Shape	5 minutes		6 Days
Wall Scap Raises	8 (10 second push on final rep)	3	Monday, Friday
Wall Endurance	10 seconds		Monday, Friday
7 minutes in Devon (Start with 30 seconds in each shape then work up over the period of this month)			2 days First day of training and last training day
Half Handstands	3		6 Days
5-10 (Same principle as 1-5 but starting at 5, obviously)	20 minutes		6 Days
1 Second Shape	10 minutes		6 Days
Wall Scap Raises	10 (10 second push on final rep)	3	Monday, Friday
Wall Endurance (Chest Facing)	45 seconds	4	Monday, Wednesday Friday





What did  
Batman say to  
Robin before they  
got in the Batmobile?

Robin, get in the Batmobile





week 3



# Goals



## Endurance, baby!

A huge part of your training will be to increase the capacity your shoulders can take while being upside down. A great way to think about it is like this: You know when you play a computer game like Zelda and you have that green energy bar at the top?

At the start of the game you have a tiny little bar, so if you get hit a few times it's game over. As Link (the main character) becomes older and stronger his energy bar gets bigger, meaning he can take more collateral damage but still fight on!

Right, you are Link (the same hero from the computer game). As you train your endurance it will gradually increase over time. This will mean that,

- A) You'll grow in confidence being upside down / it will gradually become less scary;
- B) You'll be stronger and able to work towards harder skills and;
- C) You'll unlock new weapons and shields...



# Primary goal

It is normal to start feeling tired at the end of this week - totally normal - you've worked really hard. Why don't you take a nap? What's that? You want a biscuit? Sure, why not. A blanket? Of course. You take a break.

...said NO ONE EVER! NOW STAND UP BEFORE I STAND YOU UP!!! Rage!!!!

I'm after one thing during week 3 and that is commitment. Commitment to seeing this through - You have come this far so why stop now? There are two kinds of people in life, winners and me. Be me. Your goal this week is to choose to commit to the challenge set ahead of you. It sounds nonsensical if you're not seeing improvement - I get it. It's around now that people are tempted to stop. Don't stop. Look at me... I said LOOK AT ME... Right, don't stop. Be me.





# Secondary goal

Send scientifically backed proof that Jaffa Cakes are cakes and not biscuits.

We want to start seeing some form of progress. It really varies between each person. I've had one student take two years to learn a handstand and another student go from NO handstand to a 5 second ONE ARM in 10 months. It comes down to two factors:

1. **How much do you want it?**
2. **How much will you train for it?**

If you have all of 1) but none of 2) you will not achieve this skill. Simple. I want loads of things that I don't train, like being able to fly... one day...

You need to put the work in. Don't be lazy - get up and keep grafting. Just remember that one day the stuff you are training now won't even be your warm up. See and imagine where you want to be and don't stop working until you get there.

**Side note:** Handstands do NOT require a strong core.

**7 Minutes From Devon** Is NOT designed to strengthen your core. It is for training your body into the correct posture required in a handstand. It is an 'Accessory Drill'. The positions in this drill (particularly the Dish and Hollow body shape) will be reinforced and marry together over time to create a straight handstand, as well as familiarising you with the sensation of balance.

In my classes or with private clients I will do 99% balance work and only briefly touch on alignment. As stated earlier, once a student can hold a 20-30 second handstand then I'll start to work with their shape.



# Week 3

SKILL	REPS/TIME	SETS	FREQUENCY
Inch Worm	1	8	3 Days
Pike Slides	1	5	1 Days
Wall Kicks	5 minutes		6 Days
Twist Out	10 minutes		6 Days
Half Handstands	20 minutes	Allow breaks	6 Days
Wall Endurance (Kick up against a wall and stay)	20 seconds	4	3 Days
7 minutes in Devon (45 seconds in each shape then work up over the period of this month)			
Half Handstands	5 minutes		6 Days
5-10 (Same principle as 1-5 but starting at 5, obviously)	15 minutes		4 Days
1 Second Shape	10 minutes		4 Days
Wall Scap Raises	10(10 Second push on final rep)		Monday, Friday
Wall Endurance (Chest Facing)	30 seconds	4	Monday, Friday
Half Handstands	10 minutes	Allow small breaks	6 Days
1 Second Shape (2:30 minute marathon!)	2:30 minutes See how many 1 second holds you can hit in 2:30 without stopping. All holds must balance at the top for 1 second.	1	Monday Friday
5-10 or 10-15	25 minutes	Allow breaks	6 Days
Wall Scap Raises	10 (10 Second push on final rep)	4	Monday Friday
Wall Endurance (Chest Facing)	1 minute	3	4 Days



A person is performing a handstand in a field of purple lavender flowers. The person is wearing a blue long-sleeved shirt and grey jeans. They are barefoot. The background shows a cloudy sky and some green trees in the distance. The foreground is filled with out-of-focus lavender flowers.

# Week 4



# Goals

Improvements in balance, endurance, consistency and confidence.

## Primary Goal

It's our last week together so I hope you have fun. **Enjoy it - don't stress** if you have a bad day and don't get too ecstatic if you have a good day. Learn ride that middle wave. Why? Because learning to handstand is like going to the gym - you don't notice day by day if your body is getting into better shape. The change is so gradual it's almost unnoticeable.

So if you want to take this any further, lay a realistic foundation by knowing that, most of the time, you won't notice any huge improvements. Maybe on some days you'll see big **GAINZ** and on other days you'll see big losses. BUT know that both your average and your personal best will be getting better over time.

So, for example. I know that my current average day is many times better than my average day five years ago, even though I experience both new highs and frustrating lows. I now accept that my average is getting better all the time. It's only when you look back over the years you've trained when you can really sit back, pause and be thankful for the huge steps you've taken forwards.



# Week 4

SKILL	REPS/TIME	SETS	FREQUENCY
Wall Kicks	5 minutes		6 Days
Twist Outs	10 minutes		6 Days
Half Handstands	10 minutes		6 Days
1 Second Shape	10 minutes		6 Days
Wall Scap Raises	10 (10 Second push on final rep)	3	3 Days
Wall Endurance (Kick up against a wall and stay)	30-45 seconds	4	2 Days
7 minutes in Devon (All the way through! You can do this!)		1	1 Day
Half Handstand	5 minutes		6 Days
1 Second Shape (2:30 minute marathon!)	2:30 minutes See how many 1 second holds you can hit in 2:30 without stopping. All holds must balance at the top for 1 second.	1	2 Days
5-10	30 minutes		6 Days
Wall Endurance (Chest Facing)	1 Minute	2	3 Days
Half Handstand	5 minutes		6 Days
1 Second Shape (2:30 minute marathon!)	2:30 minutes See how many 1 second holds you can hit in 2:30 without stopping. All holds must balance at the top for 1 second.		2 days
5-10 or 10-15	25 minutes		6 Days
Wall Endurance (Chest Facing)	90 Seconds	2	2 Days



# Final thought

I've now completed my first multi-level beginners programme!

I want to say a huge thank you to my wife, Annabelle, for spell checking and making sure my undiagnosed ADHD didn't destroy this programme too much.

I also want to thank three of my best friends Matthew, Tim and Nikolay for helping with the programme design and offering advice.

And finally thank you... to you lot. I was really overwhelmed by the number of messages I got asking for this programme. I'm really thankful to you all for taking the time to go through this training plan. So,... yeah,... this is the end. I hope you've enjoyed it and found it useful. If you know anyone who might find this programme beneficial then please do send them the link.

If you keep practicing these drills I've set and keep working hard then you'll achieve a successful free standing handstand! Some of you may even go on to become incredible hand balancers and I really hope and pray that this programme has had an impact on you and might be what starts some of you on this wonderful journey of hand balancing!

**Loads of love,  
Jonathan**

