

First of all, thanks for selecting our course. We hope you will get best results!

To start do warm-up and just click on the lesson.

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# Lesson 1

The first lesson will be dedicated to basic exercises, which prepare your body for learning handstand.  
Let's go!

Plan for this training

Ex. name	Ex. time (s)	Times
Warm up	120	1
Form a right line with floor	60	1
Chair	60	2
Wall hand stand	30	4

## Exercise 1. Floor.

Original position lying on the floor. Your body must be maximum straight. We should lie down straight and forming a right line. Small of the back must be pinned to the floor as shown in the video. Hands should touch the floor (if pressing requires effort, do the shoulder stretch as shown in the insertion).  
FIXATION ABOUT 1 MIN.



## Exercise 2. Chair.

Imitation handstand with chair. Firstly, put our feet on a chair. Approach the chair with your hands so that the buttocks were at the top. If your flexibility don't allows you keep your knees straight you can SLIGHTLY bend it. On this moment I show in what position your shoulders should NOT TO BE. As you can see I'm falling down on my shoulders. It's a big mistake! The shoulders should be pulled in as much as possible and pressed against the ears as you can see when viewed from the side. This shows the correct position of your brushes. As you can see they are looking straight. Toes are spread out to the sides as much as possible and bent. It will be handy for your balance. No need to close your fingers as shown in the video with the wall.

FIXATION 2\*60 SEC



### Exercise 3. Wall stand.

Next step. Handstand with the wall. The video where I stand shows how it should be and should not be done. HOW TO DO? Stretch your feet and knees by straining your quadriceps so you can feel your legs more easily. Straining your glutes is your center of gravity in handstand. Slightly retract the abdomen and squeeze the chest inward. Pull your shoulders up as we did in the second exercise. THE BODY SHOULD REMIND A SMOOTH LINE. HOW NOT TO DO IT SHOWN ON THE VIDEO AS WELL.



## Lesson 2

Before doing handstand, you must train entering. The first main exercise is crease.

Ex. name	Ex. time (s)	Times
Warm up	120	1
Crease	30	3
Entering with the wall	Max	10
Handstand against the wall	Max	10

### Exercise 1. Crease.

Initial standing position, stretch your arms forward and keep your back straight, bend down, not to bend your knees, try to touch the floor with your palms. If it doesn't work out, try to start by touching your fingers to the floor. You should feel like a pull under your knees.

This position you should fix 30 seconds for 3 sets.



## Exercise 2. Entering in handstand with the wall.

Initial standing position: body is tilted, palms are as close as possible to the wall, one leg is placed slightly in front of the second. Wave foot towards the wall. Next, when the leg touches the wall, bring the other leg. Hold body as straight as possible like in the first lesson. Try to push off the wall with the other foot. Frequent mistake is collapse of the shoulders, you can find it in the video. Being in a handstand, pull them up, then the position of the body will be as even as possible. I strongly recommend pushing off the wall and try to find balance - this greatly simplifies studding in the following stages. The body should be as even as possible, as shown in the video, in order to keep a track of this I recommend filming yourself with a camera, or asking someone to correct you. Do 10 sets for maximum seconds.



### Exercise 3. Handstand belly against the wall.

This exercise brings your balance well. Initial standing position, bend over, put our hands up, lift one leg, then the other. Come as close as possible to the wall, thus entering the rack. Try to open and then close your legs. Don't forget about even position of the body and shoulders over the ears without deflection. When you feel confident, I advise you to do it with a partner. Enter in a such way the put your hands on the floor and swing into the rack, at this time the partner catches your leg. Let him monitor and correct mistakes. Do 10 sets for maximum seconds.





## Lesson 3

Before you start learning handstand without help, first you need to learn how to fall right.

Plan for this training

Ex. name	Ex. time (s)	Times
Warm up	120	1
Correct fall	-	5-6
Entering without help	Max	Max

### Exercise 1. Correct fall.

Before you start learning handstand without help, first you need to learn how to fall right. To do it, if you feel that you are losing balance, rearrange the hand as shown in the video. If you move your hand to the side, your body will change position itself, and you will get down to your feet. It is also important to enter the handstand correctly. In this fragment I am demonstrating the main mistakes.





## Exercise 2. Entering to handstand without help.

This movement is basic! It will take a lot of time and effort to study it. So let's start! The initial position of the hand in front of you, one leg placed slightly forward, then you need to wave your back leg, gradually bringing the second leg. For the beginning, I recommend using the simplified version. Just bend over-down and wave your leg and then also bring the other leg into a straight handstand. Try both and pick the easiest one for you. After you have entered the handstand, some of the most popular mistakes are the sinking of the shoulders and the relaxation of the abs as shown in the video.



Be sure to film yourself to see mistakes. I would also advise you to try as many times as possible. The more time you spend, the better result you will get. To fix the mistakes that you have, return to the previous lessons, and fix these shortcomings near the wall.

## Lesson 4

Upgrade your handstand.

Plan for this training

Ex. name	Ex. time (s)	Times
Warm up	120	1
Lowering into a grouping	Max	10
Handstand legs apart	Max	10
Lowering without help	Max	Max
Turns	5-10	3

### Exercise 1. Lowering into a grouping.

Standing on the hands, we begin to lower our knees slowly to the stomach, back should be straight, legs are lowered below 90 degrees. Then we knock legs back into a straight handstand. Slowly and in a controlled manner. It is very important to follow the line of the body. This exercise is quite difficult and tests your readiness to learn more complex variations. It's very is important not to break in the back and not to lean forward in the shoulders as shown in the photo.  
DO 10 sets for maximum seconds.



## Exercise 2. Handstand legs apart.

Standing on the hands with the wall or partner, spread legs slightly wider than the shoulders and then bring your legs together. At the first stages, you need to do it slowly, observing the correct technique, your fullness. In this variation, only the legs should move, our shoulder should be static. This exercise develops the stabilizer muscles well. BUT if you complete this exercise you will notice how much your balance will improve. DO 10 sets for maximum seconds.



### Exercise 3. Lowering into a grouping without help.

Here the technique is similar to the one you performed against the wall (with a partner). The main thing is not to be afraid, because we have learned how to fall in the previous lessons. As you can see, my legs are moving, while the body is static. DO max sets for maximum seconds.



#### Exercise 4. Lowering into a grouping without help.

Here you need a good skill of feeling the body, if you have not learned the previous exercises, do them one more time. When you done them with confidence, then you can move on to this complication.



In this lesson, I advise you to overcome your fear of doing handstand complications. Also ask your partner for help or do with the wall. But it's better to ask someone to correct you. After training, it is advisable to do a small stretch on the legs and shoulders. This will help you feel more comfortable the next day. See you at the next training session!

## Lesson 5

Angle.

Plan for this training

Ex. name	Ex. time (s)	Times
Warm up	120	1
Fold	20	2
Corner with legs apart	10	2
Corner	Max	3

### Exercise 1. Fold.

Initial sitting position, hands at hip level, knees straight. We make a tilt, keep your back straight. Don't bend your back as shown in the video. When performing a slope, not to bend your knees. If you do correctly this exercise you should have a burning sensation under your knees. You also need to perform this variant of the exercise with legs apart, the technique is the same. If you can touch the floor with your chest, you have sufficient flexibility. If not, constantly perform this, before standing and don't start the next exercise.



## Exercise 2. Corner legs apart.

Standing on hands, we spread legs apart and lower them down to the hands, don't bend the knees, the back should go with a slight hump. Go down slowly, you can also do with the insurance. To do this exercise, you must have strong abs and sufficient flexibility. This is what the anticipatory exercises will give.





### Exercise 3. Corner.

To do this exercise, you must have sufficient flexibility like in exercise 1. Initial sitting position legs slightly apart, hands between legs. We transfer the weight to our arms and stretch out at the shoulders, the pelvis should be at the level of the legs, not lower at all. Don't sink shoulders as shown in the video. We stretch as much as possible as shown in this fragment, knees and feet should be taut. Fixing to the maximum.

