

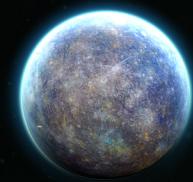


WEEK 4

HAND-BALANCING FOUNDATION - PHASE 1 - MERCURY



HBF



PHASES



WEEK 4

OVERVIEW

Welcome to your fourth week of Hand-balancing Foundation in MERCURY!

Our main focus remains the same: accumulating as many seconds of balance in a free-standing Handstand or in a CTW & BTW Handstand. However, we have a new routine this week called **BUILDING STRENGTH 1** where we focus on building Bent Arm Strength. This routine also focuses on developing strength in our crow pose (which is a mandatory arm balance to have at the end of phase 1). With that said, feel free to practice this pose through the week at the start or at the end of your training, if you still have trouble getting into it. Nonetheless, you will surely develop the necessary strength and awareness in this position when following the program correctly so do not give too much thought or concern about it.

The specific warm up and the additional practice remains the same as last week. The additional core portion is still recommended to be done after **BUILDING STABILITY 1** on Day 22 and Day 25. Try selecting different blocks from the previous week to work on other areas of your core. We are still performing **MECHANICAL EFFICIENCY 1** on Day 23 as well as **HANDSTAND LONGEVITY 2** on DAY 28 as conditioning (post your training and aiming for 70-90% max effort) Finally, as an another additional practice for this week recommend to perform Handstand Attempts either with trying to get the feet off the wall or kicking up into a freestanding handstand. As a rule of thumb:

- ~ If you need more than 5 tries to hold a single handstand, work 50% with the wall and 50% off the wall.
- ~ If you need more than 10 tries to hold a handstand, work 75% with the wall.
- ~ If you need more than that, work on a 85/15 ratio.
- ~ If you are comfortable holding the handstand, do most of your work off the wall.

Now that we have a good understanding of what's required for balance, do your best to experiment and see what works best for you. Try practicing your handstands for 5-10 minutes on a Daily basis either as part of your training or as stand alone. If there is no pain in the wrists or any sign of tendonitis, you should be safe spending that amount of time in your hands. However, as **ALWAYS** listen to your body and rest when necessary. Let's get to it!



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WEEK 4

DAY 22

PHASES



Building Balance 1

(Full Practice & Balancing Drills)

PART 1

- GENERAL WARM UP -

Perform The recommended sequences **once** before moving on to **part 2**.

| Warm-Up Phases | | Video |
|------------------------|---|---|
| BODY HEAT | 1 | BODY HEAT WARM UP 2 Blood Flow Sequence Hand-balancing Specific |
| ESSENTIAL MOBILIZATION | 2 | Handstand Longevity 1 Essential Joints Mobilization Sequence 1 |
| INDIVIDUAL MOBILITY | 3 | ADDITIONAL INDIVIDUAL MOBILITY Work on Tight areas such as the shoulders, hamstrings and hip flexors as needed based on your own limitations. |

PART 2

- SPECIFIC WARM UP -

Perform this sequence after you have **fully** warm up your **wrist, elbows** and **shoulders** as well as any **individual mobility** that might be necessary for a **pain-free** and **effective** Hand-balancing Practice. This little sequence is meant to be done daily for the amount of weeks stated in the program in order to increase our **engagement** and **stability** in the two most important areas: our shoulders (**Elevation**) and our Core (**Posterior Pelvic Tilt**).

| Exercises | | | Reps/Time | Sets |
|----------------------|----|------------------------------------|-----------|-------|
| SPECIFIC CALIBRATION | W1 | Downward Facing Dog Scapula Shrugs | 10 - 15 | 1 - 2 |
| | W2 | Arch to Hollow Body Hold | 10 - 15 | 1 - 2 |

PART 3

- ROUTINE -

Core + Shoulders Strength & Stability

| Exercises | | Reps/Time | Sets | Rest Time | Increase Intensity | Decrease Intensity | | | |
|---|-----|---|---|------------|--------------------|---|--|--|--|
| ONLY If you can hold a free-standing handstand for at least 3 seconds and you are comfortable falling out of it. Play around with one legged tuck handstand and Staggered Legs. | | | | | | | | | |
| Block 1 - Skill Development - | A1 | Freestanding Handstand Kick up | As Needed | 5 - 10 min | Rest as needed | Practice as much as you feel necessary without overdoing it. 5 to 10 minutes is ideal, but feel free to work longer if needed. Avoid this block until you are comfortable kicking against the wall and falling out of your handstand. | | | |
| | A2 | Freestanding Handstand Attempts | Max Hold | | | | | | |
| ACTIVE REST | | | | | | | | | |
| ACTIVE REST | ARI | Standing Forward Fold | Handstand Entry Facilitator / Hamstrings | | | | | | |
| | AR2 | Bar/Wall Assisted Shoulder Opener | Handstand Entry Facilitator / Shoulder Opener | | | | | | |
| | ARI | Cobra Stretch or Sphinx Pose Wrist Mobilization / Hanging | Movement Efficiency | | | | | | |

Kick up against the wall with your dominant leg and hold the handstand with your "Back Towards the Wall" (BTW) for about 75% of your Max Effort. Come down as slow and as control as possible in the same way you came up. Rest as needed.

| | | | | | | | | | |
|--|----|-----------------------------------|---------------------------|--------|----------------|--|--|--|--|
| Block 2 - Skill Development - | B1 | Handstand Kick up | As Needed | 5 - 10 | Rest as needed | Do your best to kick up as control as possible and do not emphasize balance during this block. Our main focus is to accumulate time upside down, not seconds of balance. Only if you can hold the handstand for more than 10 seconds you could play around with finger pressing and balancing attempts. If balance still a work in progress, please resist the urge to get off the wall and work on body stability and awareness upside down. | | | |
| | B2 | BTW Handstand Hold | 75% Max Effort | | | | | | |
| | B3 | BTW Single Leg Handstand Negative | As Controlled as Possible | | | | | | |
| ACTIVE REST | | | | | | | | | |
| ARI Seated Forward Fold Handstand Entry Facilitator / Hamstrings | | | | | | | | | |
| AR2 Puppy Pose Handstand Entry Facilitator / Shoulder Opener | | | | | | | | | |

| | | | | | | |
|--|----|--------------------------------|----------------|-------|----------------|---|
| Block 2.1 - Skill Development - | C1 | Alternating Handstand Kick Ups | 6 - 10 e/s | 3 - 5 | Rest as needed | WEEK 1-2: Perform 2-3 sets. WEEK 3-4: Perform 3-4 sets. WEEK 5-6: Perform 4-5 sets. |
| | C2 | BTW Handstand Hold | 75% Max Effort | 3 - 5 | | |
| Finishing the practice with conditioning for our core in TABATA Style. Perform 8 rounds of the first exercise, follow by 8 rounds of the second one. | | | | | | |

| | | | | | | |
|--|----|-------------|--------|---|--------|---|
| Block 3 - Strength & Conditioning - | D1 | Hollow Body | 20 sec | 8 | 10 sec | Performed in Tabata style: 20 seconds of work with 10 seconds of rest. Modify the intensity on every set in order to finish the entire 8 rounds. |
| | E1 | Arch Body | 20 sec | 8 | 10 sec | |

Part 3

-COOL DOWN & PRACTICE INTEGRATION -

Perform a passive hang to open into the shoulders and decompressing the spine.

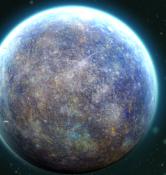
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|------------------------------------|----|---|--------------|--|--|--|
| Block 4 - Body Re-Calibration - | F1 | Chest to Floor Body Line Handstand Drill with Stick | 30 - 60 Secs | | | |
| | F2 | Hanging Cobra | 2 - 3 Mins | | | |

ADD-ONS

| | | | | | | |
|-----------------------|---|--|--|--|--|--|
| ADDITIONAL PRACTICE 1 | EXPANDING STABILITY 1 (Choose 1 Block x2-4 sets) | | | | | |
| ADDITIONAL PRACTICE 2 | HANDSTAND PRACTICE (5 to 10 min) | | | | | |



HBF



PHASES



WEEK 4

DAY 23

Hand-Balancing Fundamentals 3

(Lower Body & Compression Strength)

PART 1 - GENERAL WARM UP -

Perform The recommended sequences **once** before moving on to **part 2**.

| Warm-Up Phases | Video |
|----------------------------------|-------|
| BODY HEAT | 1 |
| ESSENTIAL MOBILIZATION | 2 |
| ADDITIONAL WARM UP (Optional) | 3 |

LOWER BODY WARM UP 1
Handstand Longevity 1
Essential Joints Mobilization

ADDITIONAL INDIVIDUAL MOBILITY
Work on tight areas such as the shoulders, hamstrings and hip flexors as needed based on your own limitations.

Recommended Ad-Ons:
- Any Sequence from the Warm Up Library

PART 2 - SPECIFIC WARM UP -

Perform this sequence after you have **fully** warm up your **wrist, elbows and shoulders** as well as any **individual mobility** that might be necessary for a **pain-free** and **effective** Hand-balancing Practice. This little sequence is meant to be done daily for the amount of weeks stated in the program in order to increase our **engagement** and **stability** in the two most important areas: our shoulders (**Elevation**) and our Core (**Posterior Pelvic Tilt**).

| | Exercises | Reps/Time | Sets |
|----------------------|-----------|---------------------------------------|----------------|
| SPECIFIC CALIBRATION | W1 | Chest to Wall Handstand Shrugs + Hold | 75% Max Effort |
| | W2 | Hollow Body Hold | 75% Max Effort |

PART 3 - ROUTINE -

Lower Body & Compression Strength

| | Exercises | Reps/Tim | Sets | Rest Time | Increase Intensity | Decrease Intensity |
|--|--|------------------------|-------|-------------|--|---|
| Block 1 - Body Calibration & Activation - | A1 Standing 90 Degree Single Leg Hold | 15 - 30 sec | 2 - 3 | 60 - 90 sec | - Place your hands Overhead | - Bent Legs - Assist with a Pole or Wall for Balance |
| | A2 CTW Inverted Handstand Body Line Drill | 15 - 30 sec | | | - Stand closer from the wall | - Stand farther from the wall |
| | A3 Horse Stance Single Arm Around the World - W/kb | 30 sec | | | - Sink deeper into the stance | - Practice without any added weight |
| Block 2 - Lower Body Mobility & Preparation - | B1 Downward Facing Dog Single Leg Raises (L) | 10 - 12 | 2 - 3 | 60 - 90 sec | - Add Ankle Weights | - Slight bend on the knees |
| | B2 Forward Lunges with Reach - W/kb Overhead | 10 - 12 | | | - Spine extention on eccentric portion + Spine flexion on concentric portion | - Practice without any added weight |
| | B3 Downward Facing Dog Single Leg Raises (R) | 10 - 12 | | | - Add Ankle Weights | - Slight bend on the knees |
| | B4 Forward Lunges with Reach - W/kb Overhead | 10 - 12 | | | - Spine extention on eccentric portion + Spine flexion on concentric portion | - Practice without any added weight |
| | B5 Handstand/Crow Hold (Optional) | 1 hold or 1-5 attempts | | | - Play with any leg shape or arm balance of choice | - Crow switching legs |
| ACTIVE REST | ARI Lizard Lunge | | | | Inner Hip Flexibility / Front Split Transferability / Staggered Leg Handstand Facilitator | |
| | AR2 Pigeon Pose | | | | Outer Hip Flexibility / Front Split Transferability / Staggered Leg Handstand Facilitator | |
| Block 3 - Strength & Conditioning - | C1 Alternating Pistol Squats | 8 - 12 e/s | 2 - 3 | 60 - 90 sec | - Add Weight | - Negative Pistol Squats - Assisted Pistol Squats |
| | C2 L-Sit Hold | 10 sec | | | - Hands on the floor | - Tuck L-sit - Hands on top of Yoga Blocks |
| | C3 Glut Bridges | 12 - 15 | | | - Band around the hips for added resistance | N/A |
| | C4 Hollow Body to Kneeling Hip Extension | 10 - 12 | | | - Use a light KB or Yoga Block | - Use Slight Momentum - Cross feet when getting up |
| ACTIVE REST | ARI Laying Butterfly | | | | Inner Hips Flexibility / Middle Split Transferability | |
| | AR2 Hero Pose | | | | Hip Mobility / Dorsiflexion / Lumbar Spine Flexibility | |
| Block 4 - Core Stability & Leg Mobility - | D1 Shoulder Stand Dynamic Hip Extensions | 5 | 2 - 3 | 60 - 90 sec | - Add Ankle Weights | - Support Low back - Slight bend on the knees |
| | D2 Shoulder Stand Dynamic Straddle Legs | 5 | | | - Add Ankle Weights | - Support Low back - Slight bend on the knees |
| | D3 Shoulder Stand Dynamic Stagger Legs | 5 | | | - Add Ankle Weights | - Support Low back - Slight bend on the knees |
| | D4 Seated Pike Compressions | 10 - 12 | | | - Place hands closer to the feet - Add Ankle Weights | - Sit in Elevation - Place hands closer to the hips |
| ACTIVE REST | ARI Seated Forward Fold | | | | Hamstrings Flexibility | |
| | AR2 Low Squat | | | | Hip Mobility / Dorsiflexion / Lumbar Spine Flexibility | |

Part 3 - COOL DOWN & PRACTICE INTEGRATION -

Perform a shoulder stand of 1 min (or less depending on your own level) followed by a lower body passive stretch to calm the central nervous system.

| | | |
|-----------------------------------|--|-----------------|
| Block 5 - Body Recalibration - | E1 Shoulder Stand Plow Pose / Halasana | 2 - 3 min |
| | E2 Laying Spinal Twists | 30 - 60 sec e/s |

ADD-ONS

ADDITIONAL PRACTICE 1

HANDSTAND PRACTICE
(5 to 10 min)

ADDITIONAL PRACTICE 2

MECHANICAL EFFICIENCY 1
(Wrist Mobility & Conditioning)



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WEEK 4

DAY 24

PHASES



Building Stability 1

(Full Body Stability Flow)

PART 1 - GENERAL WARM UP -

Perform The recommended sequences once before moving on to part 2.

| Warm-Up Phases | | Video |
|------------------------|---|--|
| BODY HEAT | 1 | BODY HEAT WARM UP 1 Blood Flow Sequence Hand-balancing Specific |
| ESSENTIAL MOBILIZATION | 2 | Handstand Longevity 1 Essential Joints Mobilization Sequence 1 |
| INDIVIDUAL MOBILITY | 3 | ADDITIONAL INDIVIDUAL MOBILITY Work on tight areas such as the shoulders, hamstrings and hip flexors as needed based on your own limitations. Recommended Ad-Ons: - Any Sequence from the Warm Up Library |

PART 2 - SPECIFIC WARM UP -

Perform this sequence after you have fully warm up your wrist, elbows and shoulders as well as any individual mobility that might be necessary for a pain-free and effective Hand-balancing Practice. This little sequence is meant to be done daily for the amount of weeks stated in the program in order to increase our engagement and stability in the two most important areas: our shoulders (**Elevation**) and our Core (**Posterior Pelvic Tilt**).

| | Exercises | Reps/Time | Sets |
|----------------------|--|----------------|------|
| SPECIFIC CALIBRATION | W1 Chest to Wall Handstand Shrugs + Hold | 75% Max Effort | 1 |
| | W2 Hollow Body Hold | 75% Max Effort | 1 |

PART 3

- ROUTINE -

Core + Shoulders Strength & Stability

| | Exercises | Reps/Time |
|----------------------------------|---|--------------------|
| Block 1 - Skill Development - | Perform the entire sequence with minimal break between exercises. Do your best to perform it in a "flow" style once familiar with the full routine. | |
| | A1 Elevated Plank Hold | 60 sec |
| | A2 Elevated Single Leg Plank Hold (R) | 30 sec |
| | A3 Elevated Single Leg Plank Hold (L) | 30 sec |
| | A4 Elevated Plank to Downward Facing Dog | 60 sec |
| | A5 Elevated Downward Facing Duck to Regular Facing Dog | 60 sec |
| | A6 Elevated downward facing dog to elevated plank | 30 sec |
| | A7 Elevated plank to regular plank walks | 60 sec |
| | A8 Elevated plank hold | 10 sec |
| | A9 Puppy pose PNF stretch | 120 sec |
| | A10 press from pronated grip to pnf | 60 sec |
| | A11 puppy pose finger tip push down | 60sec |
| | A12 Puppy pose pronated grip max hold | 30 sec |
| | A13 dorsiflex shoulder rotations | 10 reps |
| | A14 Arm raise hold | 30 sec |
| | A15 Kneeling Flexion to Extension + spinal flexion | 60 sec |
| | A16 External rotation raises | 20 sec |
| | A17 Downward Facing Dog | 15 sec |
| | A18 Boat hold | 30 sec |
| | A19 Boat hold elevation/ depressions | 10 |
| | A20 Boat hold elevation/ depressions hold | 5 sec |
| | A21 Hollow Body W/ Yoga Block in front of you | 5 sec |
| | A22 Hollow Body Hold W/ Yoga Block over Your Head | 5 sec |
| | A23 Seated Forward fold | 30 sec |
| | A24 Seated Forward Fold Shoulder Extension Chest Opener | 60 sec |
| | A25 Forward Fold Hold | 30-60 sec |
| ACTIVE REST | A1 Puppy pose (Neutral wrist Position) | - Shoulder Opener- |

ADD-ONS

ADDITIONAL PRACTICE

HANDSTAND PRACTICE

(5 to 10 min)



HBF



PHASES



WEEK 4

DAY 25

Building Balance 1

(Full Practice & Balancing Drills)

PART 1

- GENERAL WARM UP -

Perform The recommended sequences **once** before moving on to **part 2**.

| Warm-Up Phases | | Video |
|------------------------|---|---|
| BODY HEAT | 1 | BODY HEAT WARM UP 2 Blood Flow Sequence Hand-balancing Specific |
| ESSENTIAL MOBILIZATION | 2 | Handstand Longevity 1 Essential Joints Mobilization Sequence 1 |
| INDIVIDUAL MOBILITY | 3 | ADDITIONAL INDIVIDUAL MOBILITY Work on Tight areas such as the shoulders, hamstrings and hip flexors as needed based on your own limitations. |

PART 2

- SPECIFIC WARM UP -

Perform this sequence after you have **fully** warm up your **wrist, elbows** and **shoulders** as well as any **individual mobility** that might be necessary for a **pain-free** and **effective** Hand-balancing Practice. This little sequence is meant to be done daily for the amount of weeks stated in the program in order to increase our **engagement** and **stability** in the two most important areas: our shoulders (**Elevation**) and our Core (**Posterior Pelvic Tilt**).

| Exercises | | | Reps/Time | Sets |
|----------------------|----|------------------------------------|-----------|-------|
| SPECIFIC CALIBRATION | W1 | Downward Facing Dog Scapula Shrugs | 10 - 15 | 1 - 2 |
| | W2 | Arch to Hollow Body Hold | 10 - 15 | 1 - 2 |

PART 3

- ROUTINE -

Core + Shoulders Strength & Stability

| Exercises | | | Reps/Time | Sets | Rest Time | Increase Intensity | Decrease Intensity | | | | |
|--|-------------|---|---|------------|---|--|--------------------|--|--|--|--|
| ONLY If you can hold a free-standing handstand for at least 3 seconds and you are comfortable falling out of it. Play around with one legged tuck handstand and Staggered Legs. | | | | | | | | | | | |
| Block 1 - Skill Development - | A1 | Freestanding Handstand Kick up | As Needed | 5 - 10 min | Rest as needed | Practice as much as you feel necessary without overdoing it. 5 to 10 minutes is ideal, but feel free to work longer if needed. Avoid this block until you are comfortable kicking against the wall and falling out of your handstand. | | | | | |
| | A2 | Freestanding Handstand Attempts | Max Hold | | | | | | | | |
| ACTIVE REST | ARI | Standing Forward Fold | Handstand Entry Facilitator / Hamstrings | | | | | | | | |
| | AR2 | Bar/Wall Assisted Shoulder Opener | Handstand Entry Facilitator / Shoulder Opener | | | | | | | | |
| | ARI | Cobra Stretch or Sphinx Pose Wrist Mobilization / Hanging | Movement Efficiency | | | | | | | | |
| Kick up against the wall with your dominant leg and hold the handstand with your "Back Towards the Wall" (BTW) for about 75% of your Max Effort. Come down as slow and as control as possible in the same way you came up. Rest as needed. | | | | | | | | | | | |
| Block 2 - Skill Development - | B1 | Handstand Kick up | As Needed | 5 - 10 | Rest as needed | Do your best to kick up as control as possible and do not emphasize balance during this block. Our main focus is to accumulate time upside down, not seconds of balance. Only if you can hold the handstand for more than 10 seconds you could play around with finger pressing and balancing attempts. If balance still a work in progress, please resist the urge to get off the wall and work on body stability and awareness upside down. | | | | | |
| | B2 | BTW Handstand Hold | 75% Max Effort | | | | | | | | |
| | B3 | BTW Single Leg Handstand Negative | As Controlled as Possible | | | | | | | | |
| ACTIVE REST | ARI | Seated Forward Fold | Handstand Entry Facilitator / Hamstrings | | | | | | | | |
| | AR2 | Puppy Pose | Handstand Entry Facilitator / Shoulder Opener | | | | | | | | |
| | C1 | Alternating Handstand Kick Ups | 6 - 10 e/s | 3 - 5 | Rest as needed | WEEK 1-2: Perform 2-3 sets. WEEK 3-4: Perform 3-4 sets. WEEK 5-6: Perform 4-5 sets. | | | | | |
| Block 2.1 - Skill Development - | C2 | BTW Handstand Hold | 75% Max Effort | 3 - 5 | | | | | | | |
| Finishing the practice with conditioning for our core in TABATA Style. Perform 8 rounds of the first exercise, follow by 8 rounds of the second one. | | | | | | | | | | | |
| D1 | Hollow Body | 20 sec | 8 | 10 sec | Performed in Tabata style: 20 seconds of work with 10 seconds of rest. Modify the intensity on every set in order to finish the entire 8 rounds. | | | | | | |
| Block 3 - Strength & Conditioning - | E1 | Arch Body | 20 sec | 8 | 10 sec | | | | | | |

Part 3

-COOL DOWN & PRACTICE INTEGRATION -

Perform a passive hang to open into the shoulders and decompressing the spine.

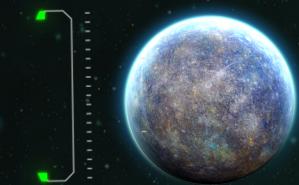
| | | | | | | | |
|------------------------------------|----|---|--------------|--|--|--|--|
| Block 4 - Body Re-Calibration - | F1 | Chest to Floor Body Line Handstand Drill with Stick | 30 - 60 Secs | | | | |
| | F2 | Hanging Cobra | 2 - 3 Mins | | | | |

ADD-ONS

| | | | | | | | |
|-----------------------|---|--|--|--|--|--|--|
| ADDITIONAL PRACTICE 1 | EXPANDING STABILITY 2 (Choose 1 Block x2-4 sets) | | | | | | |
| ADDITIONAL PRACTICE 2 | HANDSTAND PRACTICE (5 to 10 min) | | | | | | |



HBF



PHASES



WEEK 4

DAY 26

The 88 Retrograde Orbit Shock

(Mercury Challenge 2)

GUIDELINES

- Make sure to fully warm up before attempting this challenge
- Perform all exercises without any break in between them
- Adjust the intensity of the exercises to match your individual level
- Keep good form through the challenge. This is NOT a race

| ROUTINE | | EXERCISES | REPS | SETS |
|---------------------------------|-----|--------------------------------|---------------|------|
| Block 1 | A1 | Chest to Wall Handstand Shrugs | 8 | 1 |
| | A2 | Chest to Wall Handstand Hold | 8 | 1 |
| Block 2 | A3 | V-Ups with Block | 8 | 1 |
| | A4 | Boat Hold with Block | 8 Seconds | 1 |
| Block 3 | A5 | Pike Push Ups | 8 | 1 |
| | A6 | Crow Pose Hold | 8 Seconds | 1 |
| Block 4 | A7 | Hollow Body Rock w/Block | 8 | 1 |
| | A8 | Hollow Body Hold w/Block | 8 Seconds | 1 |
| Block 5 | A9 | Side Plank (Right Side) | 8 Seconds | 1 |
| | A10 | Regular Push Ups | 8 Seconds | 1 |
| Block 6 | A11 | Side Plank (Left Side) | 8 Seconds | 1 |
| | A12 | Plank Holds | 8 Seconds | 1 |
| FINISHER (Retrograde Motion) | | Reverse Plank Hold | 12 Seconds | 1 |

ADD-ONS

ADDITIONAL PRACTICE

HANDSTAND PRACTICE
(5 to 10 min.)



HBF

WEEK 4

DAY 27

PHASES



Building Strength 1

(Crow Pose & Upper Body Strength)

PART 1

- GENERAL WARM UP -

Perform The recommended sequences once before moving on to part 2.

| Warm-Up Phases | | Video |
|----------------------------------|---|---|
| BODY HEAT | 1 | BODY HEAT WARM UP 3 Blood Flow Sequence Hand-balancing Specific |
| ESSENTIAL MOBILIZATION | 2 | Handstand Longevity 1 Essential Joints Mobilization |
| ADDITIONAL WARM UP (Optional) | 3 | ADDITIONAL INDIVIDUAL MOBILITY Work on tight areas such as the shoulders, hamstrings and hip flexors as needed based on your own limitations. Recommended Addons: - Shoulder Warm up 1 • Scapula Warm up 1 |

PART 2

- SPECIFIC WARM UP -

Perform this sequence after you have fully warm up your wrist, elbows and shoulders as well as any individual mobility that might be necessary for a pain-free and effective Hand-balancing Practice. This little sequence is meant to be done daily for the amount of weeks stated in the program in order to increase our engagement and stability in the two most important areas: our shoulders (Elevation) and our Core (Posterior Pelvic Tilt).

| SPECIFIC CALIBRATION | Exercises | | | Reps/Time | Sets |
|----------------------|-----------|---------------------------------------|--|----------------|----------------|
| | W1 | Chest to Wall Handstand Shrugs + Hold | | | 75% Max Effort |
| | W2 | Hollow Body Hold | | 75% Max Effort | 1 |

PART 3

- ROUTINE -

BUILDING ARM BALANCES - CROW POSE

| Exercises | | Reps/Time | Sets | Rest Time | Increase Intensity | Decrease Intensity |
|---|-----|--|--------------------|---------------|-----------------------------|--|
| Practice crow pose for several attempts (5-10) and experiment with different arms and legs positions. If you are more advance please feel free to try single leg crow, other inversions or even a handstand practice. For Block 2 work on Drills that are challenging for your current level. | | | | | | |
| Block 1 - Skill Development - | A1 | Crow Pose Attempts | Max Hold | 5-10 Attempts | As needed | N/A |
| Active Rest | AR | Wrist Mobilization | | | as needed | |
| Block 2 - Technique Building - | B1 | Crow Pose Feet Elevated Leg Switching Drill | 8-12 | 2-5 | As needed | • Crow Pose • Feet elevated and supported |
| | C1 | Crow Pose Feet Elevated W/ Head on Yoga Block | Max Hold | 2-5 | As needed | • Crow Pose Knees In & Out • Feet elevated and supported |
| | D1 | Crow Push Ups | 3-6 | 2-5 | As needed | • From Crow to Crane • Feet elevated and supported |
| Practice crow pose for several attempts (5-10) and experiment with different arms and legs positions. If you are more advance please feel free to try single leg crow, other inversions or even a handstand practice. For Block 2 work on Drills that are challenging for your current level. | | | | | | |
| Block 3 - Strength & Conditioning Horizontal BAR Strength & SA Scapula Stability - | E1 | Elevated L-Sit To Push Up | 1-2 sec + 1-2 reps | | • Add a tuck planche | • Breakdown the jump into parts • Use Parallettes |
| | E2 | L Shape Scapula Elevations Against the Wall w/ Block | 8-12 | 2-5 | 60-90 sec | • Use a DB instead of a Block • Elevate your sit bones to facilitate Flexibility |
| | E3 | Straight Back Forward Pulses W/Block | 6-10 | | | • Use a DB instead of a Block • Elevate your sit bones to facilitate Flexibility |
| Active Rest | AR | Forward Fold | | | Handstand Entry Facilitator | |
| BLOCK 4 - Strength & Conditioning Overhead BA Strength - | F1 | Pike Push Ups to L-Sit Hold | 4 Reps + 4 secs | 1 | 30 sec | |
| | AR1 | | | | Forward Fold | |
| | F2 | Pike Push Ups to L-Sit Hold | 3 Reps + 3 secs | 1 | 25 sec | |
| | AR2 | | | | Pancake Stretch | |
| | F3 | Pike Push Ups to L-Sit Hold | 2 Reps + 2 secs | 1 | 20 sec | |
| | AR3 | | | | Forward Fold | |
| | F4 | Pike Push Ups to L-Sit Hold | 1 Rep + 1 secs | 1 | 15 sec | |
| BLOCK 5 - Supplemental Work - | AR4 | | | | Pancake Stretch | |
| | G1 | I | | | | |
| | G2 | Y | 6-8 | 2-4 | 60-90 sec | Pay close attention to which position feel the weakest in your body and work on improving stability in that range of motion. This block can also be done on gymnastic rings. |
| | G3 | T | | | | |

Part 4

- COOL DOWN & PRACTICE INTEGRATION -

| BLOCK 6 - Cool down & Practice Integration - | H1 | Hangin Cobra | 2-3 min |
|---|----|--------------|---------|
|---|----|--------------|---------|

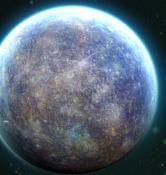
ADD-ONS

ADDITIONAL PRACTICE

HANDSTAND PRACTICE
(5 to 10 min)



HBF



PHASES



WEEK 4

DAY 28

Hand-Balancing Fundamentals 3

(Lower Body & Compression Strength)

PART 1 - GENERAL WARM UP -

Perform The recommended sequences **once** before moving on to **part 2**.

| Warm-Up Phases | Video |
|----------------------------------|-------|
| BODY HEAT | 1 |
| ESSENTIAL MOBILIZATION | 2 |
| ADDITIONAL WARM UP (Optional) | 3 |

LOWER BODY WARM UP 1
Handstand Longevity 1
Essential Joints Mobilization

ADDITIONAL INDIVIDUAL MOBILITY
Work on tight areas such as the shoulders, hamstrings and hip flexors as needed based on your own limitations.

Recommended Ad-Ons:
- Any Sequence from the Warm Up Library

PART 2 - SPECIFIC WARM UP -

Perform this sequence after you have **fully** warm up your **wrist, elbows and shoulders** as well as any **individual mobility** that might be necessary for a **pain-free** and **effective** Hand-balancing Practice. This little sequence is meant to be done daily for the amount of weeks stated in the program in order to increase our **engagement** and **stability** in the two most important areas: our shoulders (**Elevation**) and our Core (**Posterior Pelvic Tilt**).

| | Exercises | Reps/Time | Sets |
|----------------------|-----------|---------------------------------------|----------------|
| SPECIFIC CALIBRATION | W1 | Chest to Wall Handstand Shrugs + Hold | 75% Max Effort |
| | W2 | Hollow Body Hold | 75% Max Effort |

PART 3 - ROUTINE -

Lower Body & Compression Strength

| | Exercises | Reps/Tim | Sets | Rest Time | Increase Intensity | Decrease Intensity |
|--|--|------------------------|-------|-------------|--|---|
| Block 1 - Body Calibration & Activation - | A1 Standing 90 Degree Single Leg Hold | 15 - 30 sec | 2 - 3 | 60 - 90 sec | - Place your hands Overhead | - Bent Legs - Assist with a Pole or Wall for Balance |
| | A2 CTW Inverted Handstand Body Line Drill | 15 - 30 sec | | | - Stand closer from the wall | - Stand farther from the wall |
| | A3 Horse Stance Single Arm Around the World - W/kb | 30 sec | | | - Sink deeper into the stance | - Practice without any added weight |
| Block 2 - Lower Body Mobility & Preparation - | B1 Downward Facing Dog Single Leg Raises (L) | 10 - 12 | 2 - 3 | 60 - 90 sec | - Add Ankle Weights | - Slight bend on the knees |
| | B2 Forward Lunges with Reach - W/kb Overhead | 10 - 12 | | | - Spine extention on eccentric portion + Spine flexion on concentric portion | - Practice without any added weight |
| | B3 Downward Facing Dog Single Leg Raises (R) | 10 - 12 | | | - Add Ankle Weights | - Slight bend on the knees |
| | B4 Forward Lunges with Reach - W/kb Overhead | 10 - 12 | | | - Spine extention on eccentric portion + Spine flexion on concentric portion | - Practice without any added weight |
| | B5 Handstand/Crow Hold (Optional) | 1 hold or 1-5 attempts | | | - Play with any leg shape or arm balance of choice | - Crow switching legs |
| ACTIVE REST | ARI Lizard Lunge | | | | Inner Hip Flexibility / Front Split Transferability / Staggered Leg Handstand Facilitator | |
| | AR2 Pigeon Pose | | | | Outer Hip Flexibility / Front Split Transferability / Staggered Leg Handstand Facilitator | |
| Block 3 - Strength & Conditioning - | C1 Alternating Pistol Squats | 8 - 12 e/s | 2 - 3 | 60 - 90 sec | - Add Weight | - Negative Pistol Squats - Assisted Pistol Squats |
| | C2 L-Sit Hold | 10 sec | | | - Hands on the floor | - Tuck L-sit - Hands on top of Yoga Blocks |
| | C3 Glut Bridges | 12 - 15 | | | - Band around the hips for added resistance | N/A |
| | C4 Hollow Body to Kneeling Hip Extension | 10 - 12 | | | - Use a light KB or Yoga Block | - Use Slight Momentum - Cross feet when getting up |
| ACTIVE REST | ARI Laying Butterfly | | | | Inner Hips Flexibility / Middle Split Transferability | |
| | AR2 Hero Pose | | | | Hip Mobility / Dorsiflexion / Lumbar Spine Flexibility | |
| Block 4 - Core Stability & Leg Mobility - | D1 Shoulder Stand Dynamic Hip Extensions | 5 | 2 - 3 | 60 - 90 sec | - Add Ankle Weights | - Support Low back - Slight bend on the knees |
| | D2 Shoulder Stand Dynamic Straddle Legs | 5 | | | - Add Ankle Weights | - Support Low back - Slight bend on the knees |
| | D3 Shoulder Stand Dynamic Stagger Legs | 5 | | | - Add Ankle Weights | - Support Low back - Slight bend on the knees |
| | D4 Seated Pike Compressions | 10 - 12 | | | - Place hands closer to the feet - Add Ankle Weights | - Sit in Elevation - Place hands closer to the hips |
| ACTIVE REST | ARI Seated Forward Fold | | | | Hamstrings Flexibility | |
| | AR2 Low Squat | | | | Hip Mobility / Dorsiflexion / Lumbar Spine Flexibility | |

Part 3 - COOL DOWN & PRACTICE INTEGRATION -

Perform a shoulder stand of 1 min (or less depending on your own level) followed by a lower body passive stretch to calm the central nervous system.

| | | |
|-----------------------------------|--|-----------------|
| Block 5 - Body Recalibration - | E1 Shoulder Stand Plow Pose / Halasana | 2 - 3 min |
| | E2 Laying Spinal Twists | 30 - 60 sec e/s |

ADD-ONS

ADDITIONAL PRACTICE 1

HANDSTAND PRACTICE
(5 to 10 min)

ADDITIONAL PRACTICE 2

HANDSTAND LONGEVITY 2
(Essential Joint Mobilization)