



WEEK 6

HAND-BALANCING FOUNDATION - PHASE 1 - MERCURY



HBF



PHASES



WEEK 6

OVERVIEW

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

Before anything else, CONGRATULATIONS for making it this far into the program! The beginning of any journey is hard, but having the willingness to keep going regardless of any setback is beyond admirable. Make sure you are feeling proud of yourself for having arrived to this point. With that said, we still have 7 days left to go so let's get to the details of your last week in Mercury!

By now you should feel comfortable with holding a handstand against the wall, or even without it. You have probably noticed a big shift in your overall body awareness, balance, stability and control. Let's start off by saying that getting a freestanding handstand in 6 weeks is probably not a realistic goal for most people, and holding the handstand is not mandatory for this phase of the course. Make sure to not feel discouraged, if you are still having trouble to kick up and hold the handstand in the middle of a room. This is a long journey and the only things that truly matter is that:

1. You are having fun.
2. You are seeing progress.

With that out of the way, the goal for the following week is solidifying everything that we have learned so far in order to be prepared for the next phases ahead. By now you are familiar with all the practices from this phase and you know what to expect by looking at the calendar. We are repeating again BUILDING BALANCE 1 two times, however, we recommend that you switch it for BUILDING STRENGTH 1 (repeating BE1 it twice, instead of BB1) if your main limitation is bent arm strength rather than balance.

Let's put it in this way: The primary goals of this phase is to completely master Crow Pose and getting comfortable with CTW Handstand and the hollow body position. In phase 2 of the program is when we are truly focusing on balancing drills, instead of stability drills. Also, by the end of phase 2 (Venus) it is mandatory to hold a 10 second handstand at minimum in order to move on to phase 3 (Earth). In short, if you are still struggling with Crow pose, we recommend to swap BUILDING BALANCE 1 (the second time from this week on Day 40) with BUILDING STRENGTH 1 to be able to make it to the next phase of the program. However, if in the other hand, Crow pose is already "yours" then place more emphasis on stability of the handstand against the wall, or balance in a freestanding handstand. Do your best to listen to your body and modify the week to your own needs.



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PHASES



WEEK 6

OVERVIEW

Now let's talk about the specific warm up and the additional practices:

The specific warm up will be the same as last week, but with the freedom to practice any position (either Crow, Handstand or Headstand - or any arm balance you feel like practicing), followed by 2 sets of CTW Handstand Shrugs and Hollow Body Hold.

In the other hand, the additional practice will be only 5-10 minutes of Hand-balancing practice in the areas you want to improve the most. This practice MUST be light to avoid fatigue, injuries or overtraining. You will not be performing any MECHANICAL EFFICIENCY or HANDSTAND LONGEVITY as conditioning in order to give our joints and ligaments a rest so we can focus on practicing the skill and recover from all the previous weeks. In summary, aim for 5 minutes of handstands prior to your training sessions as a "warm up" and after your training sessions as a practice. Feel free to add a second session on some days, if you feel like you need it. Make sure to not overdo it for you to be able to complete the entire week of training efficiently and safely.

RECOMMENDED ADDITIONAL PRACTICES:

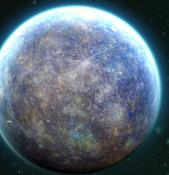
1. Kick up against the wall and hold for time.
2. Kick up against the wall and work on getting off the wall and balance.
3. Kick up into a freestanding handstand.
4. Perform several Crow Pose attempts or holds.

Finally, we have structured the week in a way that you perform COSMIC FLOW 1 the day before the CALORIS BASIN / Mercury Final Assessment in order for you to be fresh for the final testing before we are ready to move on to Venus!

Let's put all your efforts this week and I will see you on Day 42 to celebrate our hand-balancing Journey First Milestone!



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PHASES



1 2 3 4

WEEK 6

DAY 36

Building Balance 1

(Full Body Stability Flow)

PART 1**- GENERAL WARM UP -**Perform The recommended sequences **once** before moving on to **part 2**.

Warm-Up Phases		Videos
BODY HEAT		BODY HEAT WARM UP 2 Blood Flow Sequence Hand-balancing Specific
ESSENTIAL MOBILIZATION		Handstand Longevity 1 Essential Joints Mobilization Sequence 1
INDIVIDUAL MOBILITY		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 -**

	Exercises	Reps/Time	Sets
SPECIFIC CALIBRATION	W1 Handstand / Headstand / Crow Attempts - Practice	5-10 min	1
	W2 Chest to Wall Handstand Shrugs + Hold	10 + 15 sec	2
	W3 Hollow Body Hold	15 - 25 sec	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	
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.

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

ADD-ONS**ADDITIONAL PRACTICE****HANDSTAND PRACTICE**

(5 to 10 min)



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WEEK 6

DAY 37

PHASES



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	LOWER BODY WARM UP 1								
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 Ad-Ons: - Any Sequence from the Warm Up Library								
PART 2 - SPECIFIC WARM UP -										
SPECIFIC CALIBRATION		Exercises	Reps/Time	Sets						
W1		Handstand / Headstand / Crow Attempts - Practice	5-10 min	1						
		Chest to Wall Handstand Shrugs + Hold	10 + 15 sec	2						
		Hollow Body Hold	15 - 25 sec	2						
PART 3 - ROUTINE -										
Lower Body & Compression Strength										
Block 1 - Body Calibration & Activation -	A1	Standing 90 Degree Single Leg Hold	15 - 30 sec	2 - 3	<ul style="list-style-type: none"> - Place your hands Overhead - Bent Legs - Assist with a Pole or Wall for Balance 					
	A2	CTW Inverted Handstand Body Line Drill	15 - 30 sec							
	A3	Horse Stance Single Arm Around the World - W/Kb	30 sec							
Block 2 - Lower Body Mobility & Preparation -	B1	Downward Facing Dog Single Leg Raises (L)	10 - 12	2 - 3	<ul style="list-style-type: none"> - Add Ankle Weights - Slight bend on the knees 					
	B2	Forward Lunges with Reach - W/Kb Overhead	10 - 12							
	B3	Downward Facing Dog Single Leg Raises (R)	10 - 12							
	B4	Forward Lunges with Reach - W/Kb Overhead	10 - 12							
	B5	Handstand/Crow Hold (Optional)	1 hold or 1-5 attempts							
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	<ul style="list-style-type: none"> - Add Weight - Negative Pistol Squats - Assisted Pistol Squats 					
	C2	L-Sit Hold	10 sec							
	C3	Glut Bridges	12 - 15							
	C4	Hollow Body to Kneeling Hip Extension	10 - 12							
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	<ul style="list-style-type: none"> - Add Ankle Weights - Support Low back - Slight bend on the knees 					
	D2	Shoulder Stand Dynamic Straddle Legs	5							
	D3	Shoulder Stand Dynamic Stagger Legs	5							
	D4	Seated Pike Compressions	10 - 12							
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		HANDSTAND PRACTICE (5 to 10 min)								



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WEEK 6

DAY 38

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 -

Exercises			Reps/Time	Sets
SPECIFIC CALIBRATION	W1	Handstand / Headstand / Crow Attempts - Practice	5-10 min	1
	W2	Chest to Wall Handstand Shrugs + Hold	10 + 15 sec	2
	W3	Hollow Body Hold	15 - 25 sec	2

PART 3

- ROUTINE -

Core + Shoulders Strength & Stability

Exercises		Reps/Time
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	AIR1 Puppy pose (Neutral wrist Position)	- Shoulder Opener-

ADD-ONS

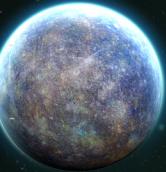
ADDITIONAL PRACTICE

HANDSTAND PRACTICE

(5 to 10 min)



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PHASES



WEEK 6

DAY 39

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 -

Exercises			Reps/Time	Sets
SPECIFIC CALIBRATION	w1	Handstand / Headstand / Crow Attempts - Practice	5-10 min	1
	w2	Chest to Wall Handstand Shrugs + Hold	10 + 15 sec	2
	w3	Hollow Body Hold	15 - 25 sec	2

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
Block 3 - Strength & Conditioning Horizontal BAR Strength & SA Scapula Stability -	D1	Crow Push Ups	3-6	2-5	As needed	• From Crow to Crane • Feet elevated and supported
	E1	Elevated L-Sit To Push Up	1-2 sec + 1-2-3 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
Block 4 - Strength & Conditioning Overhead BA Strength -	E3	Straight Back Forward Pulses W/Block	6-10			• Use a DB instead of a Block • Elevate your sit bones to facilitate Flexibility
	F1	Elevated L-Sit To Push Up	4 Reps + 4 secs	1	30 sec	
BLOCK 4 - Strength & Conditioning Overhead BA Strength -	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
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ADD-ONS

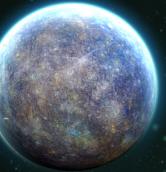
ADDITIONAL PRACTICE

HANDSTAND PRACTICE
(5 to 10 min)

SATURNMOVEMENT



HBF



PHASES



WEEK 6

DAY 40

Building Balance 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 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 -

Exercises		Reps/Time	Sets
SPECIFIC CALIBRATION	W1	Handstand / Headstand / Crow Attempts - Practice	5-10 min
	W2	Chest to Wall Handstand Shrugs + Hold	10 + 15 sec
	W3	Hollow Body Hold	15 - 25 sec

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									
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.

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

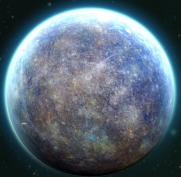
ADD-ONS

ADDITIONAL PRACTICE

HANDSTAND PRACTICE
(5 to 10 min)



HBF



PHASES



WEEK 6

DAY 41

Cosmic Flow 1

(Compress to Decompress)

GUIDELINES

- 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	Handstand Hold	15 sec	3
	A2	Deep Squat Position Hold	15 sec	
Block 2	A3	Straight Bar Hanging Hold	15 sec	1
	A4	Shoulder Stand	15 sec	
Block 3	A6	Plow Pose	30 sec	1
	A7	Stillness	As Needed	

ADD-ONS

ADDITIONAL PRACTICE

HANDSTAND PRACTICE

(5 to 10 min)