



# WEEK 1

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HAND-BALANCING FOUNDATION - PHASE 1 - MERCURY



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WEEK 1

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## OVERVIEW

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

During the first 7 Days ahead we will not be working on free-standing handstand yet. Our main focus will be building enough body awareness and stability through a variety of fundamental drills and positions in order to create a solid foundation before getting upside down. We are, however, going to be exploring the Chest to Wall Handstand, but in a safe and efficient manner to ensure safe progress in our hand-balancing journey. With that being said, please make sure to avoid any exercise or movement where not enough adaptation has been created yet. As we move through the course, you will develop the necessary strength, mobility and balance that are required for some positions. In the meantime please modify the routine to match your current level.

The first routine of the week (Hand-balancing Fundamentals 1) starts with a specific warm up (right after the body heat and mobilization sequence of the day) which is recommended to be repeated through all week 1 and 2. Please make sure to not skip this portion since its crucial that we understand scapula elevation (on exercise 1) and Posterior Pelvic Tilt (on exercise 2) and we become strong in both of those movement patterns. In the same routine (Day 1) you will start with a simple test for your arm support and core stability. We recommend that you log your results and use it to measure your progress once you encounter the routine again on week 3 and week 5.

Aside from the general warm up sequence and the specific warm up of that day, you will also have a designated cool down for each day that will be the same once you repeat the routine later in the following weeks. What will be different is the Additional Practice or “Finisher” at the end of your practice. This section will either be a conditioning sequence, a post-workout practice or a core sequence. For this week (week 1) the only Additional Practice that is recommended is MECHANICAL EFFICIENCY 1 to be performed only once per week at the end of Hand-balancing fundamentals 3 (Day 3). The following weeks will have a different specific warm up and additional practice in order to increase the intensity of your training as you progress through the course.

During this week you will also encounter a challenge on Day 5 (Press up or Shut up) and a Cosmic Flow (Compress to decompress) on Day 7. Finally to conclude this week overview, you will have a very challenging Core focus routine (EXPANDING STABILITY 1) with emphasis on compression and the anterior chain of your core. This routine in specific is clearly broken down into blocks for you to choose which exercises are the hardest and where do you need to improve the most. During your first week we recommend that you only do 1 round of each block (especially if you are a complete beginner) on this particular core routine. On later weeks you can add 1 block at the end of your handstand training (explained in more detail on the following weeks) and repeat it for 2-4 cycles to Maximize your core strength and stability.

That should be enough to get you started on your first Hand-balancing week! Remember that even though the program has a great quantity of details and modifications, the most important part is that you put in the time and the effort each and every day. Clarity as to how to customize the routine and areas that need especial attention will be revealed to you as you get upside down over and over. With that said, let's begin our journey!



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# Hand-Balancing Fundamentals 1

(Arm Support &amp; Hollow Body)

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

Warm-Up Phases		Video
BODY HEAT	1	<b>BODY HEAT WARM UP 1</b> Blood Flow Sequence Hand-balancing Specific
ESSENTIAL MOBILIZATION	2	<b>HANDSTAND LONGEVITY 1</b> Essential Joint Mobilization Sequence 1
ADDITIONAL WARM UP <i>(Optional)</i>	3	<b>ADDITIONAL INDIVIDUAL MOBILITY</b> Work on tight areas such as the shoulders, hamstrings and hip flexors as needed based on your own limitations.  <b>Recommended Ad-Ons:</b> - 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	Downward Facing Dog Scapula Shrugs + Hold	10 - 15 + 10 sec	1 - 2
	W2	Arch to Hollow Body Hold	10 - 15 + 10 sec	1 - 2

**PART 3****- ROUTINE -**

Core + Shoulders Strength &amp; Stability

Exercises		Reps/Time	Sets	Rest Time	Increase Intensity	Decrease Intensity
Perform each exercise once one after the other. Resting as needed to accurately measure your max hold on one of the 2 most fundamental positions in Hand-balancing.						
BLOCK 1 - Stability Assessment -	A1	CTW Handstand Hold	Max Hold	3 - 4	60 - 90 Secs	<ul style="list-style-type: none"> <li>Hands Closer To The Wall</li> <li>CTW Handstand Hold at 45 Degree</li> </ul>
	A2	Hollow Body Hold	Max Hold	3 - 4	60 - 90 Secs	<ul style="list-style-type: none"> <li>Hands Fully Overhead</li> <li>Hands by your side</li> <li>Slight Bend on the Knees</li> </ul>
After Calculating your MAX Chest to Wall Handstand Hold + Hollow Body Hold, perform each the following exercises once after the other with minimal to no rest in between them. Aim for 2-4 & 8-12 receptions respectively on each dynamic exercise (B1 & B3) and 25% of your Max recorded time on the Isometric Holds (B2 & B4)						
BLOCK 2 - Strength & Conditioning -	B1	Wall Walks	2 - 4	3 - 4	60 - 90 Secs	<ul style="list-style-type: none"> <li>Walk as close to the wall as you feel comfortable</li> <li>Rest 5-10 seconds between each rep</li> <li>Hold each position (CTW HS and Wall Plank) for 2-4 seconds on each repetition.</li> </ul>
	B2	CTW Handstand Hold	25% of Max Hold	3 - 4	60 - 90 Secs	<ul style="list-style-type: none"> <li>Hands Closer To The Wall</li> <li>Downward Facing Dog</li> <li>Plank on Arms</li> <li>CTW Handstand Hold at 45 Degree</li> </ul>
	B3	Laying Hollow Body Knee Tucks	8 - 12	3 - 4	60 - 90 Secs	<ul style="list-style-type: none"> <li>Extend legs and arms fully.</li> <li>Extend the legs only and keep arms by your side</li> </ul>
	B4	Hollow Body Hold	25% of Max Hold	3 - 4	60 - 90 Secs	<ul style="list-style-type: none"> <li>Hands Fully Overhead</li> <li>Hands by your side</li> <li>Slight Bend on the Knees</li> </ul>
ACTIVE REST	A1	Wall Shoulder Opener	Use this active rest between sets if your main limitation is <b>tight shoulders</b>		N/A	N/A

**Part 4****- COOL DOWN & PRACTICE INTEGRATION -**

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

Exercises		Reps/Time	Sets	Rest Time
BLOCK 3 - Cool down & Practice Integration -	C1	Passive Hanging	50% of Max Hold	2 - 3 sets



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# Hand-Balancing Fundamentals 2

(Positional Drills &amp; Spine Stability)

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

Warm-Up Phases		Video
BODY HEAT	1	<b>BODY HEAT WARM UP 2</b> Blood Flow Sequence Hand-balancing Specific
ESSENTIAL MOBILIZATION	2	<b>Handstand Longevity 1</b> Essential Joints Mobilization Sequence 1
ADDITIONAL WARM UP <i>(Optional)</i>	3	<b>ADDITIONAL INDIVIDUAL MOBILITY</b> Work on tight areas such as the shoulders, hamstrings and hip flexors as needed based on your own limitations. <b>Recommended Ad-Ons:</b> - 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	Downward Facing Dog Scapula Shrugs	10 - 15
	W2	Arch to Hollow Body Hold	10 - 15

**PART 3****- ROUTINE -****Core + Shoulders Strength & Stability**

Perform each exercise once after the other in order to "calibrate" our body for the practice ahead as well as opening the shoulders with one of the best shoulder opener/strengthening positions there is: Dolphin Pose.

Exercises		Reps/Time	Sets	Rest Time	Increase Intensity	Decrease Intensity
<b>Block 1</b> - Body Calibration & Activation -	A1	Dynamic Plank to Side Plank	8 - 12	2 - 3	60 - 90 Secs	- Additional engagement in protraction and depression - Feet slightly apart to facilitate balance
	A2	Dolphin Pose	30 Secs	2 - 3	60 - 90 Secs	- Feet closer to the elbows - Legs as straight as possible - Slight bend on the knees
Follow the entire sequence in <b>circuit style</b> . You have the option to follow along with me or perform the exercises at your own pace once you become familiar with them. <b>Increase the sets</b> (not the time) as needed for your own level.						
<b>Block 2</b> - Strength & Conditioning -	B1	Downward Facing Dog	15 - 30 Secs	2 - 4	- Additional engagement in Elevation and PPT	- Slight bend on the knees
	B2	Plank on Arms			- Additional engagement in protraction and depression	- Elbow Plank
	B3	Side Plank (R)			- Additional engagement in core side flexion (elevating hips higher)	- Elbow Side Plank
	B4	Side Plank (L)			- Additional engagement in core side flexion (elevating hips higher)	- Elbow Side Plank
	B5	Elbow Plank Hold			- Additional engagement in protraction, depression and PPT	- Knees on the ground
	B6	Dolphin Pose			- Feet closer to the elbows - Legs as straight as possible	- Slight bend on the knees
	B7	Hollow Body Hold			- Hands Fully Overhead	- Hands by your side - Slight Bend on the Knees
	B8	Side Hollow Body Hold (R)			- Both hands off the floor	- Support balance with left hand/fingers
	B9	Arch Hollow Body Hold			- Hands Fully Overhead - Legs Close Together	- Hands by your side - Slight straddle of the legs
	B10	Side Hollow Body Hold (L)			- Both hands off the floor	- Support balance with right hand/fingers
	B11	Hollow Body Hold			- Hands Fully Overhead	- Hands by your side - Slight Bend on the Knees
Active Rest	ARI	Cobra Stretch or Phoenix Pose	Tight Hip Flexors / Thoracic Extension Mobility / Counter Stretch	N/A	N/A	N/A

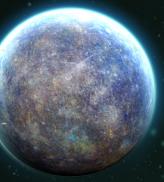
**Part 3****-COOL DOWN & PRACTICE INTEGRATION -**

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.

Exercises		Reps/Time	Sets	Rest Time
<b>Block 3</b> - Body Calibration & Activation -	C1	Shoulder Stand	60 Secs	1
	C2	Seated Forward Fold	2 - 3 Mins	



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WEEK 1

DAY 3

# Hand-Balancing Fundamentals 3

(Lower Body &amp; 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. <b>Recommended Ad-Ons:</b> - 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 on **weeks 1 and 2** 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 -

### 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 farder 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	AR1 Lizard Lunge				Inner Hip Flexibility / <b>Front Split</b> Transferability / Staggered Leg Handstand Facilitator	
	AR2 Pigeon Pose				Outer Hip Flexibility / <b>Front Split</b> 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 / <b>Middle Split</b> 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

MECHANICAL EFFICIENCY 1  
(Wrist Mobility & Conditioning)



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# Building Stability 1

(Core/Shoulder Development)

## PART 1 - GENERAL WARM UP -

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

Warm-Up Phases	Video
BODY HEAT	<b>BODY HEAT WARM UP 1</b> Blood Flow Sequence Hand-balancing Specific
ESSENTIAL MOBILIZATION	<b>Handstand Longevity 1</b> Essential Joints Mobilization Sequence 1
INDIVIDUAL MOBILITY	<b>ADDITIONAL INDIVIDUAL MOBILITY</b> Work on tight areas such as the shoulders, hamstrings and hip flexors as needed based on your own limitations. <b>Recommended Ad-Ons:</b> - 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	Downward Facing Dog Scapula Shrugs	10 - 15
	W2	Arch to Hollow Body Hold	10 - 15

## PART 3 - ROUTINE -

Core + Shoulders Strength &amp; 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	A11 Puppy pose (Neutral wrist Position) - Shoulder Opener-



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1

2

3

4

WEEK 1

DAY 5

## Press Up or Shut Up

(Mercury Challenge 1)

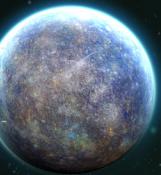
### GUIDELINES

- 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	Frontal Raises W/Dd	60	1 - 3
	A2	Pike Push Ups	30	1 - 3
Block 2	A3	Side Lateral Raises Raises W/Dd	60	1 - 3
	A4	Pike Push Ups	30	1 - 3
Block 3	A5	Rear Delt Raises W/Dd	60	1 - 3
	A6	Pike Push Ups	30	1 - 3
Block 4	A7	Z Shoulder Press	60	1 - 3
Active Rest	ARI	Seated Forward Fold	30	1 - 3
	A8	Pike Push Ups	30	1 - 3
	A9	H.S Hold Against the Wall	60	1 - 3



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# Expanding Stability 1

(Core Development - Anterior Chain Focus)

## BODY CALIBRATION (Core Activation)

Feet **Further** Away From Wall = **Easier**  
Feet **Closer** to Wall = **Harder**

Inhale on **Extension** (Arching)  
Exhale on **Flexion** (Hollowing)

Perform Reps / Sets as **Needed**

Exercise

Standing Extension to Hollow

## CONDITIONING DRILLS

Perform **10 Reps + 10 sec. Hold** (last rep)  
on Each Exercise

Perform Each Block for **2-3 cycles**

**No Rest** Between Exercises  
**Rest 1-2 min** Between Cycles

### BLOCK 1

ON FLOOR

A1	Arch To Hollow + Hold
A2	Superman Lifts + Hold
A3	Seated Pike Compression + Hold
A4	L-Sit Rocks + Hold

### BLOCK 2

ON DIP BAR

B1	Leg Raises
B2	Knee Raises
B3	L-Sit Hold

### BLOCK 3

ON PULL UP BAR

C1	Leg Raises
C2	Knee Raises
C3	L-Sit Hold

## BODY INTEGRATION (Grounded Straight Line Practice)

Focus on **Proprioception**Observe Where You Currently Are  
(**Judgment-Free**)**Repeat** as Needed

Exercise

Superman Line Practice

If **Anterior Chain Dominant**  
(ie: Hip Flexor Tightness - Gluteus Weakness)  
- **Cobra Pose** -

◀◀ **SUGGESTED ACTIVE REST POSES** ▶▶  
2-3 min **BETWEEN CYCLES**

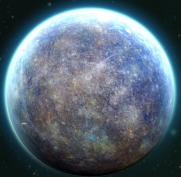
If **Posterior Chain Dominant**  
(ie: Hamstring Tightness - Abs Weakness)  
- **Any Forward Folding Pose** -

## FINAL RECOMMENDATIONS & NOTES

Increase Cycles on Your **Weakest Block**Recommended Frequency: **3-6x / week**Recommended Training Time:  
As a **Stand Alone** or **Post Workout**



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## 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
<b>Block 1</b>	A1	Handstand Hold	15 sec	3
	A2	Deep Squat Position Hold	15 sec	
<b>Block 2</b>	A3	Straight Bar Hanging Hold	15 sec	1
	A4	Shoulder Stand	15 sec	
<b>Block 3</b>	A6	Plow Pose	30 sec	1
	A7	Stillness	As Needed	

### ADD-ONS

ADDITIONAL PRACTICE

HANDSTAND PRACTICE

(5 to 10 min)