



WEEK 5

HAND-BALANCING FOUNDATION - PHASE 1 - MERCURY



HBF



WEEK 5

PHASES



OVERVIEW

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

You are getting closer to the “Finish Line” -- This week might be the hardest of them all since we are placing the most challenging routines from this phase BUILDING BALANCE 1, BUILDING STRENGTH 1 & BUILDING STABILITY 1 one after the other from Day 29 to Day 33.

HAND-BALANCING FUNDAMENTALS 1 is now being placed at the end of the week which makes the test from that day a bit more challenging due to fatigue. Do not get discouraged if numbers drop during this week. As you rest and recover your body will super-compensate and develop a much higher workout capacity. Our main focus during this week of training is 100% towards getting our first seconds of balance in a handstand or increasing our hold time if you already have a handstand, as well as “perfecting” our crow pose.

The specific warm up has now changed to 5-10 min of Handstand Practice prior to each BUILDING BALANCE 1 session and 5-10 min of crow pose practice prior to BUILDING STRENGTH 1 & HAND-BALANCING FUNDAMENTALS 3 followed by the same warm up of week 3-4.

As an additional practice, we will be doing MECHANICAL EFFICIENCY 1 after each BUILDING BALANCE 1 (Day 29 and Day 32) practice and HANDSTAND LONGEVITY 2 after BUILDING STRENGTH 1 and HAND-BALANCING FUNDAMENTALS 3 (Day 30 and Day 34).

As you might already notice this week is nothing less than intense so do your best and move mindfully through each practice. We are 7 days away from the “Finish” line!



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WEEK 5

DAY 29

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 -

Exercises			Reps/Time	Sets
SPECIFIC CALIBRATION	W1	Handstand 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									
ACTIVE REST	AR1	Standing Forward Fold	Handstand Entry Facilitator / Hamstrings						
	AR2	Bar/Wall Assisted Shoulder Opener	Handstand Entry Facilitator / Shoulder Opener						
	AR3	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	AR1	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.

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

MECHANICAL EFFICIENCY 1
(Wrist Mobility & Conditioning)



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PHASES



WEEK 5

DAY 30

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	Crow Attempts	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	Forward Fold			Handstand Entry Facilitator	
BLOCK 4 - Strength & Conditioning Overhead BA Strength -	AR1				Forward Fold	
	F2	Pike Push Ups to L-Sit Hold	3 Reps + 3 secs	1	30 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	
	AR4				Pancake Stretch	
Use 2 light resistance bands and perform each letter for a total of 6-8 repetitions. You can alternate between each position or do all the reps before moving on to the next one.						
BLOCK 5 - Supplemental Work -	G1	I	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.
	G2	Y				
	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 1

HANDSTAND LONGEVITY 2
(Essential Joint Mobilization)



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WEEK 5

DAY 31

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)



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WEEK 5

DAY 32

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 -

Exercises			Reps/Time	Sets
SPECIFIC CALIBRATION	W1	Handstand 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									
ACTIVE REST	AR1	Standing Forward Fold	Handstand Entry Facilitator / Hamstrings						
	AR2	Bar/Wall Assisted Shoulder Opener	Handstand Entry Facilitator / Shoulder Opener						
	AR3	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	AR1	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.

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

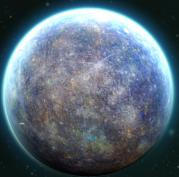
ADD-ONS

ADDITIONAL PRACTICE

MECHANICAL EFFICIENCY 1
(Wrist Mobility & Conditioning)



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PHASES



WEEK 5

DAY 33

Press Up or Shut Up

(Mercury Challenge 1)

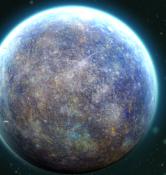
GUIDELINES

- 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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PHASES



WEEK 5

DAY 34

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 -

Exercises			Reps/Time	Sets
SPECIFIC CALIBRATION	W1	Crow Attempts	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 -

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 LONGEVITY 2
(Essential Joint Mobilization)



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PHASES



WEEK 5

DAY 35

Hand-Balancing Fundamentals 1

(Arm Support & 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	BODY HEAT WARM UP 1 Blood Flow Sequence Hand-balancing Specific
ESSENTIAL MOBILIZATION	2	HANDSTAND LONGEVITY 1 Essential Joint Mobilization Sequence 1
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 -**

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	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"> · Hands Closer To The Wall · Downward Facing Dog · Plank on Arms · CTW Handstand Hold at 45 Degree
	A2	Hollow Body Hold	Max Hold	3 - 4	60 - 90 Secs	<ul style="list-style-type: none"> · Hands Fully Overhead · Hands by your side · Slight Bend on the Knees
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"> · Walk as close to the wall as you feel comfortable · Rest 5-10 seconds between each rep
	B2	CTW Handstand Hold	25% of Max Hold	3 - 4	60 - 90 Secs	<ul style="list-style-type: none"> · Hands Closer To The Wall · Downward Facing Dog · Plank on Arms · CTW Handstand Hold at 45 Degree
	B3	Laying Hollow Body Knee Tucks	8 - 12	3 - 4	60 - 90 Secs	<ul style="list-style-type: none"> · Extend legs and arms fully. · Extend the legs only and keep arms by your side
	B4	Hollow Body Hold	25% of Max Hold	3 - 4	60 - 90 Secs	<ul style="list-style-type: none"> · Hands Fully Overhead · Hands by your side · Slight Bend on the Knees
ACTIVE REST	ARI	Wall Shoulder Opener	Use this active rest between sets if your main limitation is tight shoulders		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