

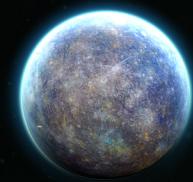


WEEK 3

HAND-BALANCING FOUNDATION - PHASE 1 - MERCURY



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WEEK 3

PHASES



OVERVIEW

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

The main focus of this week is accumulating seconds of balance in a freestanding Hand-stand or in a CTW & BTW Handstand. Let's keep in mind that we do not expect you to hold your handstand by the end of this phase given that 6 weeks might not be enough depending on your starting point. That means that working only with the wall is absolutely acceptable and recommended especially if you need more than 15 tries to actually hold a single handstand. This week we will be repeating BUILDING BALANCE two times since this practice is the one that encompasses the most amount of balancing drills as well as handstands holds against the wall.

There are not new routines during this week so we can place all our focus into mastering the movement patterns that we have seen so far. When it comes to the specific warm up and the additional practice we are going to switch things up slightly to give our bodies a different stimulus and keep progressing in our hand-balancing journey. The specific warm up will change to CTW Handstand Shrugs as opposed to Downward Facing Dog Scapula Elevations (same principle with a higher intensity). Only if you cannot yet walk towards a full CTW Handstand, you will repeat the previous weeks warm up exercise. The second exercise of the specific warm up will be our trust worthy friend the Hollow Body Hold. Now that we have understood the movement of our pelvis in arch to hollow body movement, it is time to build enough stability in the hollow position. Please make sure to modify this exercise's intensity so it does not have a negative impact in your training. Aim for a 50-70% intensity on both the HS Scapula Shrugs and The Hollow Body Hold in order to avoid fatigue prior to training.

Finally, as an additional practice for this week we are going to place our emphasis on our core! You will select any (1) of the 3 blocks from EXPANDING STABILITY 1 and EXPANDING STABILITY 2 and place them at the end of BUILDING BALANCE 1 on Day 16 and Day 20. This selection must be based on your own observations during the first two weeks.

Repeat the selected block for a total of 2 to 4 times. Feel free to play around with only doing posterior chain both days, only doing anterior chain or doing 1 and 1. There is not right or wrong decision here and any selection will benefit your practice, but it is here where mindful observation plays out so do your best to select according to your weakest areas of development. Also, we are still performing MECHANICAL EFFICIENCY 1 on Day 18 as well as HANDSTAND LONGEVITY 2 on DAY 15 as conditioning (post your training and aiming for 70-90% max effort.)

That should get you started for this week of practice. Do your best and avoid any type of self-judgment. We are here to learn and to progress, not to judge because we are not where we would like to be (yet). The time will come as you practice daily and deliberately. Let's invert this week!



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WEEK 3

DAY 15

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 <i>(Optional)</i>	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	· 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	· 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	· Walk as close to the wall as you feel comfortable · Rest 5-10 seconds between each rep	· Hold each position (CTW HS and Wall Plank) for 2-4 seconds on each repetition.
	B2	CTW Handstand Hold	25% of Max Hold	3 - 4	60 - 90 Secs	· 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	· 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	· 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	60 Secs

ADD-ONS**ADDITIONAL PRACTICE****HANDSTAND LONGEVITY 2**
(Essential Joint Mobilization)



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WEEK 3

DAY 16

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	Downward Facing Dog Scapula Shrugs	10 - 15
	W2	Arch to Hollow Body Hold	10 - 15

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						
	AR1	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			

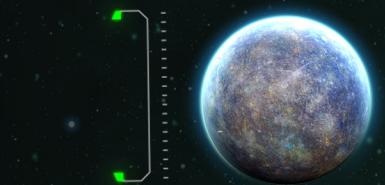
ADD-ONS

ADDITIONAL PRACTICE

EXPANDING STABILITY 1
(Choose 1 Block x2-4 sets)



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WEEK 3

DAY 17

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
	W2	Hollow Body Hold	75% Max Effort

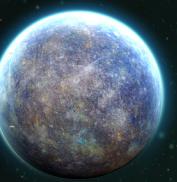
PART 3 - ROUTINE -

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
Block 1 - Skill Development -	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 -



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WEEK 3

DAY 18

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 -

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	- 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	- 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	- 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	- 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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WEEK 3

DAY 19

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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WEEK 3

DAY 20

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	Downward Facing Dog Scapula Shrugs	10 - 15
	W2	Arch to Hollow Body Hold	10 - 15

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						
	AR1	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	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

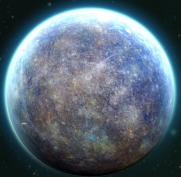
ADD-ONS

ADDITIONAL PRACTICE

EXPANDING STABILITY 2
(Choose 1 Block x2-4 sets)



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PHASES



WEEK 3

DAY 21

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)