



# WEEK 2

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HAND-BALANCING FOUNDATION - PHASE 1 - MERCURY



HBF



PHASES



WEEK 2

## OVERVIEW

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

During the following 7 Days ahead we will be repeating some of the routines from last week with the addition of 3 new routines.

The first routine is on Day 2 (BUILDING BALANCE) where we are now getting upside down and begin practicing our handstands. Please feel free to avoid this routine all together if you are still having trouble with either fear of being upside down or stability of your arms and core when getting into an inverted position. There is no shame to keep building the foundation of your mind and body before attempting a harder move. Work on positional drills, exiting the handstand safely and stability flows from the program and once you feel ready you can begin kicking up against the wall during this practice. If comfortable kicking up against the wall, then feel free to attempt this routine and begin creating awareness, stability and balance upside down.

The second new routine is another challenge (The 88 RETROGRADE ORBIT SHOCK) where we perform several moves seen in previous practices and we test out our strength and stability in them. Do your best and as always observe (without judgment) any mental or physical limitation you may have.

Finally, we have another core specific routine (EXPANDING STABILITY 2), but this time with emphasis on our posterior chain (the back of your body). The same deal applies as with BUILDING STABILITY 1 where only doing 1 cycle per block is enough to test out your current level as well as noticing which block do you feel the weakest. However, if you are more experience feel free to do the entire routine if you feel you can handle it.

The specific warm up for this week remains the same as in week 1 and the additional practice is MECHANICAL EFFICIENCY 1, but now doubled to be perform twice per week (right after DAY 8 and DAY 11). However, since we are now getting more in tuned with our bodies, feel free to add any additional practice at the beginning or end of your practices in the areas that you have found limiting in your hand-balancing journey. Now, time to get upside down!



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WEEK 2

DAY 8

# 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 (Optional)	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	1 - 2
	W2	Arch to Hollow Body Hold	10 - 15	1 - 2

## PART 3

## - ROUTINE -

## Core + Shoulders Strength &amp; Stability

Perform each exercise once one 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
Block 1 - Body Calibration & Activation -	A1	Dynamic Plank to Side Plank	8 - 12	2 - 3	60 - 90 Secs	<ul style="list-style-type: none"> <li>Additional engagement in protraction and depression</li> <li>Feet slightly apart to facilitate balance</li> </ul>
	A2	Dolphin Pose	30 Secs	2 - 3	60 - 90 Secs	<ul style="list-style-type: none"> <li>Feet closer to the elbows</li> <li>Legs as straight as possible</li> <li>Slight bend on the knees</li> </ul>
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.						
Block 2 - Strength & Conditioning -	B1	Downward Facing Dog	15 - 30 Secs	2 - 4	60 - 90 Secs	<ul style="list-style-type: none"> <li>Additional engagement in Elevation and PPT</li> <li>Slight bend on the knees</li> </ul>
	B2	Plank on Arms				<ul style="list-style-type: none"> <li>Additional engagement in protraction and depression</li> <li>Elbow Plank</li> </ul>
	B3	Side Plank (R)				<ul style="list-style-type: none"> <li>Additional engagement in core side flexion (elevating hips higher)</li> <li>Elbow Side Plank</li> </ul>
	B4	Side Plank (L)				<ul style="list-style-type: none"> <li>Additional engagement in core side flexion (elevating hips higher)</li> <li>Elbow Side Plank</li> </ul>
	B5	Elbow Plank Hold				<ul style="list-style-type: none"> <li>Additional engagement in protraction, depression and PPT</li> <li>Knees on the ground</li> </ul>
	B6	Dolphin Pose				<ul style="list-style-type: none"> <li>Feet closer to the elbows</li> <li>Legs as straight as possible</li> <li>Slight bend on the knees</li> </ul>
	B7	Hollow Body Hold				<ul style="list-style-type: none"> <li>Hands Fully Overhead</li> <li>Slight Bend on the Knees</li> </ul>
	B8	Side Hollow Body Hold (R)				<ul style="list-style-type: none"> <li>Both hands off the floor</li> <li>Support balance with left hand/fingers</li> </ul>
	B9	Arch Hollow Body Hold				<ul style="list-style-type: none"> <li>Hands Fully Overhead</li> <li>Legs Close Together</li> <li>Hands by your side</li> <li>Slight straddle of the legs</li> </ul>
	B10	Side Hollow Body Hold (L)				<ul style="list-style-type: none"> <li>Both hands off the floor</li> <li>Support balance with right hand/fingers</li> </ul>
	B11	Hollow Body Hold				<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	ARI	Cobra Stretch or Phoenix Pose	Tight Hip Flexors / Thoracic Extension Mobility / Counter Stretch	N/A	N/A	

## Part 3

## - COOL DOWN &amp; 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
Block 3 - Body Calibration & Activation -	C1	Shoulder Stand	60 Secs	As needed
	C2	Seated Forward Fold	2 - 3 Mins	

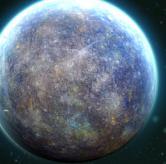
## ADD-ONS

ADDITIONAL PRACTICE

MECHANICAL EFFICIENCY 1  
(Wrist Mobility & Conditioning)



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PHASES



1 2 3 4

WEEK 2

DAY 9

## 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	<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
INDIVIDUAL MOBILITY	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.

PART 2

### - SPECIFIC WARM UP -

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

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

PART 3

### - ROUTINE -

#### Core + Shoulders Strength & Stability

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

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

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

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



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PHASES



WEEK 2

DAY 10

# 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
ESSENTIAL MOBILIZATION	2
ADDITIONAL WARM UP <i>(Optional)</i>	3

**LOWER BODY WARM UP 1**  
Handstand Longevity 1  
Essential Joints Mobilization

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

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

## PART 2

## - SPECIFIC WARM UP -

Perform this sequence after you have **fully** warm up your **wrist, elbows and shoulders** as well as any **individual mobility** that might be necessary for a **pain-free** and **effective** Hand-balancing Practice. This little sequence is meant to be done daily 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
	W2	Arch to Hollow Body Hold

## PART 3

## - ROUTINE -

## Lower Body &amp; 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 / <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 &amp; 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



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WEEK 2

DAY 11

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	<b>BODY HEAT WARM UP 1</b> Blood Flow Sequence Hand-balancing Specific
ESSENTIAL MOBILIZATION	2	<b>Handstand Longevity 1</b> Essential Joints Mobilization Sequence 1
INDIVIDUAL MOBILITY	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 &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	AIR1 Puppy pose (Neutral wrist Position)	- Shoulder Opener-

## ADD-ONS

ADDITIONAL PRACTICE

MECHANICAL EFFICIENCY 1  
(Wrist Mobility & Conditioning)



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WEEK 2

DAY 12

# 88 ORBIT RETROGRADE SHOCK CHALLENGE

(Mercury Challenge 2)

## GUIDELINES

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

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



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WEEK 2

DAY 13

PHASES



## Expanding Stability 2

(Core Development - Posterior Chain Focus)

### BODY CALIBRATION (Core Activation)

Platforms Closer from Each Other = Easier

Platforms Further Away from Each Other = Harder

Perform Reps/Sets as Needed

Exercise

**Elevated Hollow Body Hip Extensions**

### CONDITIONING DRILLS

Perform **10 Reps + 10 sec. Hold** (last rep) on Each ExercisePerform Each Block for **2-3 cycles****No Rest** Between Exercises  
**Rest 1-2 min** Between Cycles

## BLOCK 1

## BLOCK 2

## BLOCK 3

## ON FLOOR

## ON DIP BAR

## ON FLOOR

A1	<b>Laying Hip Thruster + Hold (w/ Res. Band)</b>	B1	<b>Dip Support Hyperextensions + Hold</b>	C1	<b>Rev. Elbow Plank 3 Way Hip Extension + Hold</b>
A2	<b>Reverse Hyperextensions (Post &amp; Ant. PT) + Hold</b>	B2	<b>Inverted L-Sit to Inverted Hang</b>	C2	<b>Glute Bridges + Hold</b>
A3	<b>L-Sit to Reverse Table Top</b>	B3	<b>Hollow Body Hold Single Leg Hip Extension + Hold</b>	C3	<b>Candlestick Raises + Hold</b>
A4	<b>Reverse Plank Hold</b>				

## ACTIVE REST OPTIONS

(To be performed right after completing the chosen Block exercises)

AR 1 - For Middle Splits

**Frog Pose**

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AR 2 - For Front Splits &amp; Hamstring Tightness

**Forward Fold**

—

—

AR 3 - Shoulder Openers

**Bent Over Lat Stretch****90° Bent Arm Stretch**

—

AR 4 - Hip Openers (Hip Flexor Specific)

**Sphinx Pose****Cobra Pose****Lunge Pose**

AR 5 - Full Posterior Chain Opener

**Plow Pose****Elevated Plow Pose****Bent Leg Plow Pose**

AR 6 - Full Anterior Chain Opener

**Hanging Cobra**

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### BODY INTEGRATION (Grounded Straight Line Practice)

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

Exercise

**Elevated Reverse Hollow Body Hold**

### 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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WEEK 2

DAY 14

# 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 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	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