

# STRAIGHT ARM PRESS TO HANDSTAND

## - FULL PROGRAM -

### PROGRAM OVERVIEW

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The following program is designed for everyone working towards the *straight arm press to handstand*. Whether you are just starting your press to handstand journey, or you are working on increasing reps and technique in your presses, this program is guaranteed to improve your straight arm strength, core compression strength, and mobility in the areas needed to perform the movement. This program works for all types of straight arm presses, whether that is *tuck, straddle, full, or even stalder press*. You will be given modifications for your own unique level, as well as taking into consideration how many times per week you would like to train this movement. *Let's get started.*

### HOW TO FOLLOW THIS PROGRAM

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To follow this program you will have 2 routines (*Routine A and Routine B*). Depending on which method you choose the arrangement of the routine will vary. The first recommendation is to *PICK 1* and follow through for at least **4 weeks** (Ideally 8 weeks) before making any changes. After you have tried one method, you can move on to another method, or simply increase the amount of reps and/or sets you are performing per exercise. Remember that repetition is key to progress, so make sure you are repeating the routines that you have selected in order to improve upon them. Increase the difficulty of the exercises when you have reached the top end of the rep-range and set-range with good form. Finally, you will also encounter additional compression exercises that you could add at the end of your routines (exercises from: [Top 5 Core Compression Exercises](#)), as well as our [Core Compression Follow Along Routine](#) that you could add in replacement of either routine A or B. More detailed information will be given below.

### PROGRAM BREAKDOWN

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The following protocols will be based on how many times per week you want to train this movement. It is recommended at least 2x per week, and ideally 3x per week. However, we understand that you might have other goals in mind, or your schedule might not fit with training this move 'that much'. That is why here we are giving you a couple of options for you to follow based on your needs and individual level. Once again PICK 1, follow through, and do not make major changes until you have completed at least 4 weeks.

# STRAIGHT ARM PRESS TO HANDSTAND

## • ROUTINE A •

- GENERAL WARM UP -		
Warm-Up Phases		Video
1	<b>BLOOD FLOW</b>	Light movements to raise overall body temperature.
2	<b>MOBILIZATION &amp; ACTIVATION</b>	Make sure to fully warm up your wrists, elbows, and shoulders.
3	<b>ADDITIONAL WARM UP (Optional)</b>	Recommended to spend some time opening the shoulders & Hamstrings to make the practice more effective.

- HANDSTAND PRACTICE -	
4	<p>It is recommended to practice your handstands for 10-20 minutes before starting your press to handstand routine. This can include free-standing attempts, or balancing attempts against the wall. Avoid failure on this portion since you will need that energy for the routines itself. Any endurance-based exercises such as Chest To Wall Handstand holds are better done at the end of the routine. Take this time to practice and to build awareness for the routine. Recommended to add Active Rest movements in between Handstand attempts to make the press routine more effective.</p> <p><b>NOTE:</b> If you already have the press or you are very close to get it (any variation), this will be the place to do your attempts. Use a small elevation on your feet to make the attempts easier and lower the elevation as you progress. DO NOT get to tired here and DO NOT overdo it. Attempts are your test to check your progress and to solidify the movement, but it is in the routines where we make the most amount of progress.</p>

- ROUTINE A -						
	Exercises	Reps/Time	Sets	Rest Time	Increase Intensity	Decrease Intensity
A1	S.A HANDSTAND PRESS NEGATIVES	6 - 15	3 - 5	90-120 sec	- Legs Straight / Together	- Straddle Negatives - Tuck Negatives
AR	SEATED FORWARD FOLD	Hamstrings Mobility / Movement Facilitator				
B1	PIKE WALKS	8 - 15	3 - 5	90-120 sec	- Increase Floating Time - Backward Pike / Straddle Walks	Straddle Walks
AR	WALL SHOULDER FLEXION STRETCH	Shoulder Flexion Mobility / Movement Facilitator				
C1	HEADSTAND PRESSES	5 - 10r	3 - 5	90-120 sec	Full Presses	Negative Headstand Presses
AR	PANCAKE STRETCH	Hamstrings & Hips Mobility / Movement Facilitator				

- COMPRESSION WORK -						
Pick 1-2 exercises and do them at the end of the routine (optional)						
	Exercises	Reps/Time	Sets	Rest Time	Increase Intensity	Decrease Intensity
D1	L-SIT HOLD	MAX HOLD	2-3	60-90 sec	Ankle Weights	Tuck L-Sit
E1	TOES TO BAR	6 - 12	2-3	60-90 sec	Ankle Weights	Floor V-Ups
F1	SEATED PIKE COMPRESSIONS	8 - 15	2-3	60-90 sec	Ankle Weights	Hands Closer to Hips
AR	Seated Forward Fold	Hamstrings & Lumbar Spine Flexibility / Movement Facilitator				

- COOL DOWN -							
Passive Stretch to finish the practice and increase Range Of Motion. Feel free to swap this for any flexibility exercise of your preference.							
	Exercises	Reps/Time	Sets	Rest Time	Tempo	Increase Intensity	Decrease Intensity
G1	Pancake Stretch	2-3 min	1	-	Passive Stretch	Increase ROM	Sit On Small Elevation

# STRAIGHT ARM PRESS TO HANDSTAND

## • ROUTINE B •

- GENERAL WARM UP -		
Warm-Up Phases		Video
1	<b>BLOOD FLOW</b>	Light movements to raise overall body temperature.
2	<b>MOBILIZATION &amp; ACTIVATION</b>	Make sure to fully warm up your wrists, elbows, and shoulders.
3	<b>ADDITIONAL WARM UP (Optional)</b>	Recommended to spend some time opening the shoulders & Hamstrings to make the practice more effective.

- HANDSTAND PRACTICE -	
4	<p>It is recommended to practice your handstands for 10-20 minutes before starting your press to handstand routine. This can include free-standing attempts, or balancing attempts against the wall. Avoid failure on this portion since you will need that energy for the routines itself. Any endurance-based exercises such as Chest To Wall Handstand holds are better done at the end of the routine. Take this time to practice and to build awareness for the routine. Recommended to add Active Rest movements in between Handstand attempts to make the press routine more effective.</p> <p><b>NOTE:</b> If you already have the press or you are very close to get it (any variation), this will be the place to do your attempts. Use a small elevation on your feet to make the attempts easier and lower the elevation as you progress. DO NOT get too tired here and DO NOT overdo it. Attempts are your test to check your progress and to solidify the movement, but it is in the routines where we make the most amount of progress.</p>

- ROUTINE A -						
	Exercises	Reps/Time	Sets	Rest Time	Increase Intensity	Decrease Intensity
A1	PLANK TO PIKE SLIDES	5 - 10	3 - 5	90-120 sec	Elevated Support To Pike Slides	- Straddle Negatives - Tuck Negatives
AR	SEATED FORWARD FOLD	Hamstrings Mobility / Movement Facilitator				
B1	CRANE POSE HOLD	5 - 10 sec	3 - 5	90-120 sec	Increase Hold Time	Crane Pose Feet Alternating ( 6 - 14r)
AR	WALL SHOULDER FLEXION STRETCH	Shoulder Flexion Mobility / Movement Facilitator				
C1	END RANGE SUSPENDED PIKE HOLD	1 - 10 sec	3 - 5	90-120 sec	Hold + L-Sit	Support Pike Lean Hold
AR	PANCAKE STRETCH	Hamstrings & Hips Mobility / Movement Facilitator				

- COMPRESSION WORK -						
Pick 1-2 exercises and do them at the end of the routine (optional)						
	Exercises	Reps/Time	Sets	Rest Time	Increase Intensity	Decrease Intensity
D1	L-SIT HOLD	MAX HOLD	2-3	60-90 sec	Ankle Weights	Tuck L-Sit
E1	TOES TO BAR	6 - 12	2-3	60-90 sec	Ankle Weights	Floor V-Ups
F1	SEATED PIKE COMPRESSIONS	8 - 15	2-3	60-90 sec	Ankle Weights	Hands Closer to Hips
AR	Seated Forward Fold	Hamstrings & Lumbar Spine Flexibility / Movement Facilitator				

- COOL DOWN -							
Pssive Stretch to finish the practice and increase Range Of Motion. Feel free to swap this for any flexibility exercise of your preference.							
	Exercises	Reps/Time	Sets	Rest Time	Tempo	Increase Intensity	Decrease Intensity
G1	Pancake Stretch	2-3 min	1	-	Passive Stretch	Increase ROM	Sit On Small Elevation



# PROGRAM 1 - PHASE 1

• 1x per Week •

This is suitable for people who are just starting out and want to be conservative before increasing to a higher volume, for those who have other goals and their time/energy does not allow them to work on it more than 1x per week, or for people who just want to maintain this skill. For this method you will choose ONLY 1 routine (A or B) and follow it for 4 weeks. After 4 weeks, take a deload week (same routine but half the sets you were doing), and then follow the second routine (A or B) for another 4 weeks. Rest 5-7 days in between each session.

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
DAY 1 ROUTINE A	DAY 8 ROUTINE A	DAY 15 ROUTINE A	DAY 22 ROUTINE A	DAY 29 ROUTINE A Deload
DAY 2 REST OR HANDSTAND PRACTICE	DAY 9 REST OR HANDSTAND PRACTICE	DAY 16 REST OR HANDSTAND PRACTICE	DAY 23 REST OR HANDSTAND PRACTICE	DAY 30 REST OR HANDSTAND PRACTICE
DAY 3 REST OR HANDSTAND PRACTICE	DAY 10 REST OR HANDSTAND PRACTICE	DAY 17 REST OR HANDSTAND PRACTICE	DAY 24 REST OR HANDSTAND PRACTICE	DAY 31 REST OR HANDSTAND PRACTICE
DAY 4 REST OR HANDSTAND PRACTICE	DAY 11 REST OR HANDSTAND PRACTICE	DAY 18 REST OR HANDSTAND PRACTICE	DAY 25 REST OR HANDSTAND PRACTICE	DAY 32 REST OR HANDSTAND PRACTICE
DAY 5 REST OR HANDSTAND PRACTICE	DAY 12 REST OR HANDSTAND PRACTICE	DAY 19 REST OR HANDSTAND PRACTICE	DAY 26 REST OR HANDSTAND PRACTICE	DAY 33 REST OR HANDSTAND PRACTICE
DAY 6 ACTIVE REST DAY	DAY 13 ACTIVE REST DAY	DAY 20 ACTIVE REST DAY	DAY 27 ACTIVE REST DAY	DAY 34 ACTIVE REST DAY
DAY 7 ACTIVE REST DAY	DAY 14 ACTIVE REST DAY	DAY 21 ACTIVE REST DAY	DAY 28 ACTIVE REST DAY	DAY 35 ACTIVE REST DAY

# PROGRAM 1 - PHASE 2

• 1x per Week •

This is suitable for people who are just starting out and want to be conservative before increasing to a higher volume, for those who have other goals and their time/energy does not allow them to work on it more than 1x per week, or for people who just want to maintain this skill. For this method you will choose ONLY 1 routine (A or B) and follow it for 4 weeks. After 4 weeks, take a deload week (same routine but half the sets you were doing), and then follow the second routine (A or B) for another 4 weeks. Rest 5-7 days in between each session.

WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10
DAY 1 ROUTINE B	DAY 8 ROUTINE B	DAY 15 ROUTINE B	DAY 22 ROUTINE B	DAY 29 ROUTINE B Deload
DAY 2 REST OR HANDSTAND PRACTICE	DAY 9 REST OR HANDSTAND PRACTICE	DAY 16 REST OR HANDSTAND PRACTICE	DAY 23 REST OR HANDSTAND PRACTICE	DAY 30 REST OR HANDSTAND PRACTICE
DAY 3 REST OR HANDSTAND PRACTICE	DAY 10 REST OR HANDSTAND PRACTICE	DAY 17 REST OR HANDSTAND PRACTICE	DAY 24 REST OR HANDSTAND PRACTICE	DAY 31 REST OR HANDSTAND PRACTICE
DAY 4 REST OR HANDSTAND PRACTICE	DAY 11 REST OR HANDSTAND PRACTICE	DAY 18 REST OR HANDSTAND PRACTICE	DAY 25 REST OR HANDSTAND PRACTICE	DAY 32 REST OR HANDSTAND PRACTICE
DAY 5 REST OR HANDSTAND PRACTICE	DAY 12 REST OR HANDSTAND PRACTICE	DAY 19 REST OR HANDSTAND PRACTICE	DAY 26 REST OR HANDSTAND PRACTICE	DAY 33 REST OR HANDSTAND PRACTICE
DAY 6 ACTIVE REST DAY	DAY 13 ACTIVE REST DAY	DAY 20 ACTIVE REST DAY	DAY 27 ACTIVE REST DAY	DAY 34 ACTIVE REST DAY
DAY 7 ACTIVE REST DAY	DAY 14 ACTIVE REST DAY	DAY 21 ACTIVE REST DAY	DAY 28 ACTIVE REST DAY	DAY 35 ACTIVE REST DAY

# PROGRAM 2

• 2x per Week •

This is a great schedule to start training for this move, and it will definitely get you the press "fast" (depending on your current level) if followed correctly. You will either alternate between routine A and B, or you will combine routine A + B, and perform it 2x per week. When combining the routines, you could pick and choose exercises for a total of 4-5 exercises, or simply do all 3 from routine A, followed by all 3 from routine B. Just make sure that the routine you create is the same for at least 4 weeks. You will then take a deload week and make any changes needed after that. Rest 2-3 days in between each session.

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
DAY 1 ROUTINE A	DAY 8 ROUTINE A	DAY 15 ROUTINE A	DAY 22 ROUTINE A	DAY 29 ROUTINE A Deload
DAY 2 REST OR HANDSTAND PRACTICE	DAY 9 REST OR HANDSTAND PRACTICE	DAY 16 REST OR HANDSTAND PRACTICE	DAY 23 REST OR HANDSTAND PRACTICE	DAY 30 REST OR HANDSTAND PRACTICE
DAY 3 REST OR HANDSTAND PRACTICE	DAY 10 REST OR HANDSTAND PRACTICE	DAY 17 REST OR HANDSTAND PRACTICE	DAY 24 REST OR HANDSTAND PRACTICE	DAY 31 REST OR HANDSTAND PRACTICE
DAY 4 ROUTINE B	DAY 11 ROUTINE B	DAY 18 ROUTINE B	DAY 25 ROUTINE B	DAY 32 ROUTINE B Deload
DAY 5 REST OR HANDSTAND PRACTICE	DAY 12 REST OR HANDSTAND PRACTICE	DAY 19 REST OR HANDSTAND PRACTICE	DAY 26 REST OR HANDSTAND PRACTICE	DAY 33 REST OR HANDSTAND PRACTICE
DAY 6 ACTIVE REST DAY	DAY 13 ACTIVE REST DAY	DAY 20 ACTIVE REST DAY	DAY 27 ACTIVE REST DAY	DAY 34 ACTIVE REST DAY
DAY 7 ACTIVE REST DAY	DAY 14 ACTIVE REST DAY	DAY 21 ACTIVE REST DAY	DAY 28 ACTIVE REST DAY	DAY 35 ACTIVE REST DAY

# PROGRAM 2.1

• 2x per Week - Routines Combination •

This is a great schedule to start training for this move, and it will definitely get you the press "fast" (depending on your current level) if followed correctly. You will either alternate between routine A and B, or you will combine routine A + B, and perform it 2x per week. When combining the routines, you could pick and choose exercises for a total of 4-5 exercises, or simply do all 3 from routine A, followed by all 3 from routine B. Just make sure that the routine you create is the same for at least 4 weeks. You will then take a deload week and make any changes needed after that. Rest 2-3 days in between each session.

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
DAY 1 ROUTINE A + B	DAY 8 ROUTINE A + B	DAY 15 ROUTINE A + B	DAY 22 ROUTINE A + B	DAY 29 ROUTINE A + B Deload
DAY 2 REST OR HANDSTAND PRACTICE	DAY 9 REST OR HANDSTAND PRACTICE	DAY 16 REST OR HANDSTAND PRACTICE	DAY 23 REST OR HANDSTAND PRACTICE	DAY 30 REST OR HANDSTAND PRACTICE
DAY 3 REST OR HANDSTAND PRACTICE	DAY 10 REST OR HANDSTAND PRACTICE	DAY 17 REST OR HANDSTAND PRACTICE	DAY 24 REST OR HANDSTAND PRACTICE	DAY 31 REST OR HANDSTAND PRACTICE
DAY 4 ROUTINE A + B	DAY 11 ROUTINE A + B	DAY 18 ROUTINE A + B	DAY 25 ROUTINE A + B	DAY 32 ROUTINE A + B Deload
DAY 5 REST OR HANDSTAND PRACTICE	DAY 12 REST OR HANDSTAND PRACTICE	DAY 19 REST OR HANDSTAND PRACTICE	DAY 26 REST OR HANDSTAND PRACTICE	DAY 33 REST OR HANDSTAND PRACTICE
DAY 6 ACTIVE REST DAY	DAY 13 ACTIVE REST DAY	DAY 20 ACTIVE REST DAY	DAY 27 ACTIVE REST DAY	DAY 34 ACTIVE REST DAY
DAY 7 ACTIVE REST DAY	DAY 14 ACTIVE REST DAY	DAY 21 ACTIVE REST DAY	DAY 28 ACTIVE REST DAY	DAY 35 ACTIVE REST DAY



# PROGRAM 3

• 3x per Week •

This is our personal recommendation for those who really want to focus on getting the press and "speed up" their progress. It's also suitable for those wanting to take their press to handstand journeys to a whole new level. In this method we work 3x per week, and we alternate between Routine A and Routine B. You also have the option to add the compression follow along routine here. Rest 1-2 days in between each session.

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
DAY 1 ROUTINE A	DAY 8 ROUTINE B	DAY 15 ROUTINE A	DAY 22 ROUTINE B	DAY 29 ROUTINE A Deload
DAY 2 REST OR HANDSTAND PRACTICE	DAY 9 REST OR HANDSTAND PRACTICE	DAY 16 REST OR HANDSTAND PRACTICE	DAY 23 REST OR HANDSTAND PRACTICE	DAY 30 REST OR HANDSTAND PRACTICE
DAY 3 ROUTINE B	DAY 10 ROUTINE A	DAY 17 ROUTINE B	DAY 24 ROUTINE A	DAY 31 ROUTINE B Deload
DAY 4 REST OR HANDSTAND PRACTICE	DAY 11 REST OR HANDSTAND PRACTICE	DAY 18 REST OR HANDSTAND PRACTICE	DAY 25 REST OR HANDSTAND PRACTICE	DAY 32 REST OR HANDSTAND PRACTICE
DAY 5 ROUTINE A	DAY 12 ROUTINE B	DAY 19 ROUTINE A	DAY 26 ROUTINE B	DAY 33 ROUTINE A Deload
DAY 6 ACTIVE REST DAY	DAY 13 ACTIVE REST DAY	DAY 20 ACTIVE REST DAY	DAY 27 ACTIVE REST DAY	DAY 34 ACTIVE REST DAY
DAY 7 ACTIVE REST DAY	DAY 14 ACTIVE REST DAY	DAY 21 ACTIVE REST DAY	DAY 28 ACTIVE REST DAY	DAY 35 ACTIVE REST DAY



# PROGRAM 3.1

• 3x per Week - Added Compression •

This is our personal recommendation for those who really want to focus on getting the press and “speed up” their progress. It’s also suitable for those wanting to take their press to handstand journeys to a whole new level. In this method we work 3x per week, and we alternate between Routine A and Routine B. You also have the option to add the compression follow along routine here. Rest 1-2 days in between each session.

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
DAY 1 ROUTINE A	DAY 8 ROUTINE A	DAY 15 ROUTINE A	DAY 22 ROUTINE A	DAY 29 ROUTINE A Deload
DAY 2 REST OR HANDSTAND PRACTICE	DAY 9 REST OR HANDSTAND PRACTICE	DAY 16 REST OR HANDSTAND PRACTICE	DAY 23 REST OR HANDSTAND PRACTICE	DAY 30 REST OR HANDSTAND PRACTICE
DAY 3 COMPRESSION ROUTINE	DAY 10 COMPRESSION ROUTINE	DAY 17 COMPRESSION ROUTINE	DAY 24 COMPRESSION ROUTINE	DAY 31 ROUTINE B Deload
DAY 4 REST OR HANDSTAND PRACTICE	DAY 11 REST OR HANDSTAND PRACTICE	DAY 18 REST OR HANDSTAND PRACTICE	DAY 25 REST OR HANDSTAND PRACTICE	DAY 32 REST OR HANDSTAND PRACTICE
DAY 5 ROUTINE B	DAY 12 ROUTINE B	DAY 19 ROUTINE B	DAY 26 ROUTINE B	DAY 33 ROUTINE A Deload
DAY 6 ACTIVE REST DAY	DAY 13 ACTIVE REST DAY	DAY 20 ACTIVE REST DAY	DAY 27 ACTIVE REST DAY	DAY 34 ACTIVE REST DAY
DAY 7 ACTIVE REST DAY	DAY 14 ACTIVE REST DAY	DAY 21 ACTIVE REST DAY	DAY 28 ACTIVE REST DAY	DAY 35 ACTIVE REST DAY

# PROGRAM 3.2

• 3x per Week - Added Compression + Routines Combination •

This is our personal recommendation for those who really want to focus on getting the press and “speed up” their progress. It’s also suitable for those wanting to take their press to handstand journeys to a whole new level. In this method we work 3x per week, and we alternate between Routine A and Routine B. You also have the option to add the compression follow along routine here. Rest 1-2 days in between each session.

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
DAY 1 ROUTINE A	DAY 8 ROUTINE A + B	DAY 15 ROUTINE A + B	DAY 22 ROUTINE A + B	DAY 29 ROUTINE A + B Deload
DAY 2 REST OR HANDSTAND PRACTICE	DAY 9 REST OR HANDSTAND PRACTICE	DAY 16 REST OR HANDSTAND PRACTICE	DAY 23 REST OR HANDSTAND PRACTICE	DAY 30 REST OR HANDSTAND PRACTICE
DAY 3 COMPRESSION ROUTINE	DAY 10 COMPRESSION ROUTINE	DAY 17 COMPRESSION ROUTINE	DAY 24 COMPRESSION ROUTINE	DAY 31 ROUTINE A + B Deload
DAY 4 REST OR HANDSTAND PRACTICE	DAY 11 REST OR HANDSTAND PRACTICE	DAY 18 REST OR HANDSTAND PRACTICE	DAY 25 REST OR HANDSTAND PRACTICE	DAY 32 REST OR HANDSTAND PRACTICE
DAY 5 ROUTINE A + B	DAY 12 ROUTINE A + B	DAY 19 ROUTINE A + B	DAY 26 ROUTINE A + B	DAY 33 ROUTINE A + B Deload
DAY 6 ACTIVE REST DAY	DAY 13 ACTIVE REST DAY	DAY 20 ACTIVE REST DAY	DAY 27 ACTIVE REST DAY	DAY 34 ACTIVE REST DAY
DAY 7 ACTIVE REST DAY	DAY 14 ACTIVE REST DAY	DAY 21 ACTIVE REST DAY	DAY 28 ACTIVE REST DAY	DAY 35 ACTIVE REST DAY

## CONCLUSION & FINAL THOUGHTS

*Here are the final notes to take into consideration before starting:*

- There are a lot of examples here. Take the time to evaluate which one fits you best, write down your own unique plan of action based on your decision and log your results to track your progress and the effectiveness of the program. PICK 1 and follow through.
- Make sure to watch the [explanation videos on youtube](#) to get a better understanding of the exercises and their application. Refer back to them as much as it is necessary.
- Do not skip the active rest movements. The press is a strength move, but the more mobility you have, the less strength you need to use.
- DO NOT OVERTHINK IT! Once again, write down your plan of action and do minor tweaks as you go, and major tweaks at the end of every phase.
- Achieving the press in 4 weeks is not realistic. Take a deload on week 5, but keep going with the program until you have achieved your goals.
- Increase the difficulty of the exercises when you feel you have mastered them to keep progressing. However, DO NOT RUSH! Being conservative is key. You can always increase intensity and add exercises. Taking away is not that easy ;)
- You can train this move without having a "solid Handstand", however, it is highly recommended that you have a consistent handstand hold of at least 15 seconds to avoid any injuries and to make the progress effective.
- The press is recommended to be trained 3x per week maximum. However, you should be training your handstands at least 5 times per week for at least 10-20 minutes to speed up your progress.

On behalf of the entire SM TEAM, we hope you find this information valuable. We are confident that if you follow this correctly, the straight arm press to handstand will be yours! Feel free to ask any questions on the comment section of the referred youtube videos. We are committed to help you and guide you in your journey. With that said, let's begin our Quest towards the Press ;)

With Love & Kindness,

- THE SM TEAM



An online platform  
that **elevates your  
practice.**



**The SM Academy.**

Our Programs

## How do you want to move?



### **CALISTHENICS**

Guided courses to master your bodyweight.  
Select a program based on your experience.



### **YOGA**

A mindful practice beyond the physical.  
Follow along classes for all levels.



### **HAND-BALANCING**

A journey into the Art of Hand-Balancing.  
From 0 experience to one-arm handstand.



### **HOME WORKOUTS**

A program that mixes calisthenics, yoga,  
primal movements, breath-work and meditations.

Add-Ons

## Expand your practice.



HIIT



MOBILITY



SKILLS



MINDFULNESS



COSMIC FLOWS



(UPDATED)  
WORKOUT CREATOR



COSMIC FLOWS



PRIMAL ELEMENTS



EXPLOSIVE POWER

#SMFAM

## A community that moves you.



- Thao K. -



- Alex N. -



- Sebastian J. -



- Julio R. -

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