

# HSPU ROUTINE

• 15 MINUTE SERIES •

- BLOCK 1 -  
Warm Up

Make Sure to FULLY warm up your entire body before going into the routine, especially your *wrist, elbows, shoulders* and *scapula*.  
Recommended Moves: **Handstand Holds, Push Ups.**

- BLOCK 2 -  
Main Routine

	Exercises	Reps/Time	Sets	Rest Time	Tempo	Increase Intensity	Decrease Intensity
A1	Freestanding HSPU Negatives	1 min	3	1 min	-	Increase ROM	Reduce ROM CTW Handstand Negatives
B1	BTW HSPU	20 sec	3	40 sec	-	Increase ROM	Reduce ROM Pike Push-Ups Elevated Pike Push-Ups
C1	Bent Arm HS Presses	20 sec	3	40 sec	-	Add Hold on Top	Bent Legs Reduce ROM Add Slight Momentum
D1	Bent Arm HS Hold	15 sec	3	45 sec	-	-	Bent Arm Pike Hold

- GUIDELINES -

- Perform this routine **2-3 times per week** for better results.
- Remember to keep **good form** throughout the entire the routine.
- Feel free to train both, on **parallettes and on the floor**. Recommended to train on both surfaces for better results.
- Make sure you have a good solid **understanding of the handstand** before training specific for the Handstand Push-Up

- EQUIPMENT -

- Hard Floor
- Wall - *Optional*
- Set of Parallettes - *Optional*

Watch and Follow Along →

