

Handstand Test

5-Day Program

Day 1

Warmup

Exercise	Description	Sets	Reps
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Prehab

Exercise	Description	Sets	Reps
Cat-Cow Stretch	A gentle stretch to warm up the spine. On hands and knees, arch the back up and then down.	2	10 reps

Handstand

Exercise	Description	Sets	Reps
Handstand Walk (Wall)	In wall handstand, walk hands side to side to build balance.	3	6-8 steps each direction
Handstand Shoulder Taps	In a wall handstand, carefully tap alternating shoulders to the floor.	3	8-12 taps
Wall Handstand Hold	Hold a handstand against a wall to build strength and balance.	4	30-60 seconds

Conditioning

Exercise	Description	Sets	Reps
Pike Push-ups	Start in downward dog position. Lower head to ground and push back up.	3	8-12 reps
Hollow Body Hold	Lie on back, press lower back to ground, lift shoulders and legs off the floor.	3	30-45 seconds

Stretching

Exercise	Description	Sets	Reps
Child's Pose	Sit back on heels with arms extended forward on the floor.	1	60-90 seconds
Bridge Stretch	Lie on back, lift hips up while keeping shoulders and feet on the floor.	2	30 seconds

Day 2

Warmup

Exercise	Description	Sets	Reps
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Prehab

Exercise	Description	Sets	Reps
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Handstand

Exercise	Description	Sets	Reps
Handstand Shoulder Taps	In a wall handstand, carefully tap alternating shoulders.	3	8-12 taps
Handstand Walk (Wall)	In wall handstand, walk hands side to side to build stability.	3	6-8 steps each direction
Chest-to-Wall Handstand	Face the wall in handstand position. This variation is great for beginners.	3	30-45 seconds

Conditioning

Exercise	Description	Sets	Reps
Push-ups	Classic upper body exercise. Lower body to ground.	3	10-15 reps
Hollow Body Hold	Lie on back, press lower back to ground, lift shoulders and legs.	3	30-45 seconds

Stretching

Exercise	Description	Sets	Reps
Shoulder Stretch	Pull one arm across body using the other arm. Hold for 30 seconds.	2	30 seconds each side
Child's Pose	Sit back on heels with arms extended forward on the floor.	1	60-90 seconds

Day 3

Warmup

Exercise	Description	Sets	Reps
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Prehab

Exercise	Description	Sets	Reps
Cat-Cow Stretch	A gentle stretch to warm up the spine. On hands and knees...	2	10 reps

Handstand

Exercise	Description	Sets	Reps
Chest-to-Wall Handstand	Face the wall in handstand position. This variation is for beginners.	3	30-45 seconds
Wall Handstand Hold	Hold a handstand against a wall to build strength and balance.	4	30-60 seconds

Conditioning

Exercise	Description	Sets	Reps
Push-ups	Classic upper body exercise. Lower body to ground.	3	10-15 reps
Pike Push-ups	Start in downward dog position. Lower head to ground.	3	8-12 reps

Stretching

Exercise	Description	Sets	Reps
Bridge Stretch	Lie on back, lift hips up while keeping shoulders on the ground.	2	30 seconds
Child's Pose	Sit back on heels with arms extended forward on the floor.	1	60-90 seconds
Wrist Stretch	A stretch to improve flexibility and prevent injury.	2	30 seconds each side

Day 4

Warmup

Exercise	Description	Sets	Reps
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Prehab

Exercise	Description	Sets	Reps
Cat-Cow Stretch	A gentle stretch to warm up the spine. On hands and knees...	2	10 reps

Handstand

Exercise	Description	Sets	Reps
Wall Handstand Hold	Hold a handstand against a wall to build strength.	5	30-60 seconds
Handstand Shoulder Taps	In a wall handstand, carefully tap alternating shoulders to the floor.	3	8-12 taps
Handstand Walk (Wall)	In wall handstand, walk hands side to side to build balance.	3	6-8 steps each direction

Conditioning

Exercise	Description	Sets	Reps
Push-ups	Classic upper body exercise. Lower body to ground.	3	10-15 reps
Hollow Body Hold	Lie on back, press lower back to ground, lift shoulders and legs.	3	30-45 seconds
Pike Push-ups	Start in downward dog position. Lower head to ground.	3	8-12 reps

Stretching

Exercise	Description	Sets	Reps
Wrist Stretch	A stretch to improve flexibility and prevent injury.	2	30 seconds each side
Child's Pose	Sit back on heels with arms extended forward on the floor.	1	60-90 seconds
Bridge Stretch	Lie on back, lift hips up while keeping shoulders on the floor.	2	30 seconds

Day 5

Warmup

Exercise	Description	Sets	Reps
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Prehab

Exercise	Description	Sets	Reps
Cat-Cow Stretch	A gentle stretch to warm up the spine. On hands and knees...	2	10 reps

Handstand

Exercise	Description	Sets	Reps
Handstand Walk (Wall)	In wall handstand, walk hands side to side to build balance.	4	6-8 steps each direction
Wall Handstand Hold	Hold a handstand against a wall to build strength.	5	30-60 seconds

Conditioning

Exercise	Description	Sets	Reps
Pike Push-ups	Start in downward dog position. Lower head to ground.	4	8-12 reps
Push-ups	Classic upper body exercise. Lower body to ground.	4	10-15 reps

Stretching

Exercise	Description	Sets	Reps
Wrist Stretch	A stretch to improve flexibility and prevent injury.	2	30 seconds each side
Bridge Stretch	Lie on back, lift hips up while keeping shoulders on floor.	2	30 seconds
Shoulder Stretch	Pull one arm across body using the other arm. Hold.	2	30 seconds each side