

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 back like a cat, then round back like a cow.	3 sets	10 reps

Handstand

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

Conditioning

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

Stretching

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

Day 2

Warmup

Exercise	Description	Sets	Reps

Prehab

Exercise	Description	Sets	Reps

Handstand

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

Stretching

Exercise	Description	Sets	Reps
Shoulder Stretch	Pull one arm across body using the other arm. Hold ...	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

Prehab

Exercise	Description	Sets	Reps
Cat-Cow Stretch	A gentle stretch to warm up the spine. On hands and knees, move the hips forward and back while keeping the head and neck aligned.	3 sets	10 reps

Handstand

Exercise	Description	Sets	Reps
Chest-to-Wall Handstand	Face the wall in handstand position. This variation helps build strength in the upper body and core.	3 sets	30-45 seconds
Wall Handstand Hold	Hold a handstand against a wall to build strength and stability in the shoulder girdle and core.	4 sets	30-60 seconds

Conditioning

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

Stretching

Exercise	Description	Sets	Reps
Bridge Stretch	Lie on back, lift hips up while keeping shoulders on the ground.	2 sets	30 seconds
Child's Pose	Sit back on heels with arms extended forward on the floor.	3 sets	60-90 seconds
Wrist Stretch	A stretch to improve flexibility and prevent injury. Hold each side for 30 seconds.	2 sets	30 seconds each side

Day 4

Warmup

Exercise	Description	Sets	Reps

Prehab

Exercise	Description	Sets	Reps
Cat-Cow Stretch	A gentle stretch to warm up the spine. On hands and knees, arch back like a cat, then round back like a cow.	2 sets	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 shoulder blades.	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 head.	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 down.	2	30 seconds

Day 5

Warmup

Exercise	Description	Sets	Reps

Prehab

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

Handstand

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

Conditioning

Exercise	Description	Sets	Reps
Pike Push-ups	Start in downward dog position. Lower head to ground, then push up through heels.	4 sets	8-12 reps
Push-ups	Classic upper body exercise. Lower body to ground, then push up through heels.	5 sets	10-15 reps

Stretching

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