

21-Day Handstand Challenge

21-Day Program

Day 1

Warmup

Exercise	Description	Sets	Reps
Jumping Jacks	A full-body exercise that can be done anywhere.	3u...	30 seconds
Arm Circles	Stand with arms extended to the sides. Make small ...	2u...	20 seconds each direction
High Knees	A cardio-intensive exercise performed in place.	3u...	30 seconds

Prehab

Exercise	Description	Sets	Reps
Wrist Rotations	Rotate wrists in both directions to prepare them for ...	2u...	10 rotations each direction

Shoulder opener

Exercise	Description	Sets	Reps
Wall Slides	An exercise to improve shoulder mobility and posture.	3u...	12 reps

Handstand

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

Conditioning

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

Stretching

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

Day 2

Warmup

Exercise	Description	Sets	Reps
Jumping Jacks	A full-body exercise that can be done anywhere.	3u...	30 seconds
Arm Circles	Stand with arms extended to the sides. Make small ...	2u...	20 seconds each direction
High Knees	A cardio-intensive exercise performed in place.	3u...	30 seconds

Prehab

Exercise	Description	Sets	Reps
Wrist Rotations	Rotate wrists in both directions to prepare them f2.	2u...	10 rotations each direction
Cat-Cow Stretch	A gentle stretch to warm up the spine. On hands a...	2u...	10 reps

Shoulder opener

Exercise	Description	Sets	Reps
Wall Slides	An exercise to improve shoulder mobility and postu...	3u...	12 reps

Handstand

Exercise	Description	Sets	Reps
Chest-to-Wall Handstand	Face the wall in handstand position. This variatio...	3u...	30-45 seconds

Conditioning

Exercise	Description	Sets	Reps
Plank	A core strength exercise that involves maintaining...	3u...	60 seconds
Hollow Body Hold	Lie on back, press lower back to ground, lift shou...	3u...	30-45 seconds
Push-ups	Classic upper body exercise. Lower body to ground ...	3u...	10-15 reps

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 th...	1	60-90 seconds

Day 3

Warmup

Exercise	Description	Sets	Reps
Jumping Jacks	A full-body exercise that can be done anywhere.	3...	30 seconds
Arm Circles	Stand with arms extended to the sides. Make small ...	1	20 seconds each direction

Prehab

Exercise	Description	Sets	Reps
Wrist Rotations	Rotate wrists in both directions to prepare them for ...	2	10 rotations each direction

Shoulder opener

Exercise	Description	Sets	Reps
Wall Slides	An exercise to improve shoulder mobility and posture.	3...	12 reps
Band Pull-Aparts	Hold resistance band at chest level. Pull hands apart ...	3	15 reps

Handstand

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

Conditioning

Exercise	Description	Sets	Reps
Plank	A core strength exercise that involves maintaining a ...	3...	60 seconds
Hollow Body Hold	Lie on back, press lower back to ground, lift shoulders ...	3...	30-45 seconds
Push-ups	Classic upper body exercise. Lower body to ground ...	3	10-15 reps

Stretching

Exercise	Description	Sets	Reps
Shoulder Stretch	Pull one arm across body using the other arm. Hold...	2	30 seconds each side
Wrist Stretch	A stretch to improve flexibility and prevent injur...	2	30 seconds each side

Day 4

Warmup

Exercise	Description	Sets	Reps
High Knees	A cardio-intensive exercise performed in place. R...	3...	30 seconds
Jumping Jacks	A full-body exercise that can be done anywhere. 3u...	3u...	30 seconds
Arm Circles	Stand with arms extended to the sides. Make small ...	2...	20 seconds each direction

Prehab

Exercise	Description	Sets	Reps
Wrist Rotations	Rotate wrists in both directions to prepare them f2.	2...	10 rotations each direction
Cat-Cow Stretch	A gentle stretch to warm up the spine. On hands an...	2...	10 reps

Shoulder opener

Exercise	Description	Sets	Reps
Band Pull-Aparts	Hold resistance band at chest level. Pull hands ap...	3...	15 reps

Handstand

Exercise	Description	Sets	Reps
Chest-to-Wall Handstand	Face the wall in handstand position. This variatio3.	3...	30-45 seconds
Wall Handstand Hold	Hold a handstand against a wall to build strength4..	4...	30-60 seconds

Conditioning

Exercise	Description	Sets	Reps
Hollow Body Hold	Lie on back, press lower back to ground, lift shou3.	3...	30-45 seconds
Plank	A core strength exercise that involves maintainin3..	3...	60 seconds

Stretching

Exercise	Description	Sets	Reps
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 5

Warmup

Exercise	Description	Sets	Reps
Arm Circles	Stand with arms extended to the sides. Make small ...	2	20 seconds each direction
High Knees	A cardio-intensive exercise performed in place. R...	3	30 seconds
Jumping Jacks	A full-body exercise that can be done anywhere. 3u...	3	30 seconds

Prehab

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

Shoulder opener

Exercise	Description	Sets	Reps
Wall Slides	An exercise to improve shoulder mobility and postu...	3	12 reps
Band Pull-Aparts	Hold resistance band at chest level. Pull hands ap...	3	15 reps

Handstand

Exercise	Description	Sets	Reps
Wall Handstand Hold	Hold a handstand against a wall to build strength...	4	30-60 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 shou...	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
Wrist Stretch	A stretch to improve flexibility and prevent injur...	2	30 seconds each side

Day 6

Warmup

Exercise	Description	Sets	Reps
Arm Circles	Stand with arms extended to the sides. Make small ...	2	20 seconds each direction
High Knees	A cardio-intensive exercise performed in place. R...	3	30 seconds
Jumping Jacks	A full-body exercise that can be done anywhere. 3u...	3	30 seconds

Prehab

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

Shoulder opener

Exercise	Description	Sets	Reps
Wall Slides	An exercise to improve shoulder mobility and postu...	3	12 reps

Handstand

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

Conditioning

Exercise	Description	Sets	Reps
Plank	A core strength exercise that involves maintaining...	3	60 seconds
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 shou...	3	30-45 seconds

Stretching

Exercise	Description	Sets	Reps
Wrist Stretch	A stretch to improve flexibility and prevent injur...	2	30 seconds each side
Shoulder Stretch	Pull one arm across body using the other arm. Hold...	2	30 seconds each side

Day 7

Warmup

Exercise	Description	Sets	Reps
Arm Circles	Stand with arms extended to the sides. Make small ...	2	20 seconds each direction
High Knees	A cardio-intensive exercise performed in place. R...	3	30 seconds

Prehab

Exercise	Description	Sets	Reps
Wrist Rotations	Rotate wrists in both directions to prepare them f...	2	10 rotations each direction

Shoulder opener

Exercise	Description	Sets	Reps
Band Pull-Aparts	Hold resistance band at chest level. Pull hands ap...	3	15 reps

Handstand

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

Conditioning

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

Stretching

Exercise	Description	Sets	Reps
Wrist Stretch	A stretch to improve flexibility and prevent injur...	2	30 seconds each side
Child's Pose	Sit back on heels with arms extended forward on th...	1	60-90 seconds

Day 8

Warmup

Exercise	Description	Sets	Reps
High Knees	A cardio-intensive exercise performed in place. R...	3...	30 seconds
Jumping Jacks	A full-body exercise that can be done anywhere. 3u...	3u...	30 seconds
Arm Circles	Stand with arms extended to the sides. Make small ...	all ...	20 seconds each direction

Prehab

Exercise	Description	Sets	Reps
Wrist Rotations	Rotate wrists in both directions to prepare them f2.	f2.	10 rotations each direction

Shoulder opener

Exercise	Description	Sets	Reps
Band Pull-Aparts	Hold resistance band at chest level. Pull hands ap...	ap...	15 reps
Wall Slides	An exercise to improve shoulder mobility and pos...	3u...	12 reps

Handstand

Exercise	Description	Sets	Reps
Wall Handstand Hold	Hold a handstand against a wall to build strength	4..	30-60 seconds

Conditioning

Exercise	Description	Sets	Reps
Hollow Body Hold	Lie on back, press lower back to ground, lift shou...	3.	30-45 seconds
Push-ups	Classic upper body exercise. Lower body to groun...	d ...	10-15 reps
Plank	A core strength exercise that involves maintaini...	3..	60 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 th...	1	60-90 seconds
Wrist Stretch	A stretch to improve flexibility and prevent injur...	2	30 seconds each side

Day 9

Warmup

Exercise	Description	Sets	Reps
High Knees	A cardio-intensive exercise performed in place. R...	3...	30 seconds
Jumping Jacks	A full-body exercise that can be done anywhere. 3u...	3u...	30 seconds
Arm Circles	Stand with arms extended to the sides. Make small ...	all ...	20 seconds each direction

Prehab

Exercise	Description	Sets	Reps
Cat-Cow Stretch	A gentle stretch to warm up the spine. On hands a...	2...	10 reps
Wrist Rotations	Rotate wrists in both directions to prepare them f2.	f2.	10 rotations each direction

Shoulder opener

Exercise	Description	Sets	Reps
Wall Slides	An exercise to improve shoulder mobility and pos...	3...	12 reps

Handstand

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

Conditioning

Exercise	Description	Sets	Reps
Plank	A core strength exercise that involves maintaining...	3..	60 seconds
Push-ups	Classic upper body exercise. Lower body to ground...	ad ...	10-15 reps
Hollow Body Hold	Lie on back, press lower back to ground, lift shou...	3.	30-45 seconds

Stretching

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

Day 10

Warmup

Exercise	Description	Sets	Reps
Jumping Jacks	A full-body exercise that can be done anywhere.	3u...	30 seconds
High Knees	A cardio-intensive exercise performed in place.	3u...	30 seconds
Arm Circles	Stand with arms extended to the sides. Make small ...	2u...	20 seconds each direction

Prehab

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

Shoulder opener

Exercise	Description	Sets	Reps
Wall Slides	An exercise to improve shoulder mobility and posture.	3u...	12 reps
Band Pull-Aparts	Hold resistance band at chest level. Pull hands apart.	3u...	15 reps

Handstand

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

Conditioning

Exercise	Description	Sets	Reps
Hollow Body Hold	Lie on back, press lower back to ground, lift shoulders.	3u...	30-45 seconds
Plank	A core strength exercise that involves maintaining a horizontal position.	3u...	60 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 th...	1	60-90 seconds
Wrist Stretch	A stretch to improve flexibility and prevent injur...	2	30 seconds each side

Day 11

Warmup

Exercise	Description	Sets	Reps
Jumping Jacks	A full-body exercise that can be done anywhere.	3u...	30 seconds
High Knees	A cardio-intensive exercise performed in place.	3u...	30 seconds
Arm Circles	Stand with arms extended to the sides. Make small ...	2u...	20 seconds each direction

Prehab

Exercise	Description	Sets	Reps
Wrist Rotations	Rotate wrists in both directions to prepare them for ...	2u...	10 rotations each direction

Shoulder opener

Exercise	Description	Sets	Reps
Wall Slides	An exercise to improve shoulder mobility and posture.	3u...	12 reps

Handstand

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

Conditioning

Exercise	Description	Sets	Reps
Push-ups	Classic upper body exercise. Lower body to ground ...	4u...	10-15 reps
Plank	A core strength exercise that involves maintaining ...	3u...	60 seconds
Hollow Body Hold	Lie on back, press lower back to ground, lift shou...	3u...	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 th...	1	60-90 seconds
Wrist Stretch	A stretch to improve flexibility and prevent injur...	2	30 seconds each side

Day 12

Warmup

Exercise	Description	Sets	Reps
Jumping Jacks	A full-body exercise that can be done anywhere.	3u...	30 seconds
High Knees	A cardio-intensive exercise performed in place.	3u...	30 seconds

Prehab

Exercise	Description	Sets	Reps
Wrist Rotations	Rotate wrists in both directions to prepare them for...	2.	10 rotations each direction

Shoulder opener

Exercise	Description	Sets	Reps
Band Pull-Aparts	Hold resistance band at chest level. Pull hands ap...	3...	15 reps
Wall Slides	An exercise to improve shoulder mobility and postu...	3u...	12 reps

Handstand

Exercise	Description	Sets	Reps
Chest-to-Wall Handstand	Face the wall in handstand position. This variatio...	3.	30-45 seconds
Wall Handstand Hold	Hold a handstand against a wall to build strength...	5..	30-60 seconds

Conditioning

Exercise	Description	Sets	Reps
Push-ups	Classic upper body exercise. Lower body to ground ...	3u...	10-15 reps
Plank	A core strength exercise that involves maintaining...	3..	60 seconds
Hollow Body Hold	Lie on back, press lower back to ground, lift shou...	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
Wrist Stretch	A stretch to improve flexibility and prevent injur...	2	30 seconds each side
Child's Pose	Sit back on heels with arms extended forward on th...	1	60-90 seconds

Day 13

Warmup

Exercise	Description	Sets	Reps
Arm Circles	Stand with arms extended to the sides. Make small ...	2	20 seconds each direction
High Knees	A cardio-intensive exercise performed in place. R...	3	30 seconds

Prehab

Exercise	Description	Sets	Reps
Wrist Rotations	Rotate wrists in both directions to prepare them f...	2	10 rotations each direction

Shoulder opener

Exercise	Description	Sets	Reps
Wall Slides	An exercise to improve shoulder mobility and postu...	3	12 reps

Handstand

Exercise	Description	Sets	Reps
Wall Handstand Hold	Hold a handstand against a wall to build strength...	5	30-60 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 shou...	3	30-45 seconds

Stretching

Exercise	Description	Sets	Reps
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Wrist Stretch	A stretch to improve flexibility and prevent injuries.	2	30 seconds each side
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 14

Warmup

Exercise	Description	Sets	Reps
Jumping Jacks	A full-body exercise that can be done anywhere.	3...	30 seconds
Arm Circles	Stand with arms extended to the sides. Make small ...	2...	20 seconds each direction
High Knees	A cardio-intensive exercise performed in place.	3...	30 seconds

Prehab

Exercise	Description	Sets	Reps
Wrist Rotations	Rotate wrists in both directions to prepare them for ...	2...	10 rotations each direction
Cat-Cow Stretch	A gentle stretch to warm up the spine. On hands and knees ...	2...	10 reps

Shoulder opener

Exercise	Description	Sets	Reps
Band Pull-Aparts	Hold resistance band at chest level. Pull hands apart ...	3...	15 reps

Handstand

Exercise	Description	Sets	Reps
Chest-to-Wall Handstand	Face the wall in handstand position. This variation ...	3...	30-45 seconds

Conditioning

Exercise	Description	Sets	Reps
Push-ups	Classic upper body exercise. Lower body to ground ...	3...	10-15 reps
Plank	A core strength exercise that involves maintaining a ...	3...	60 seconds
Hollow Body Hold	Lie on back, press lower back to ground, lift shoulders ...	3...	30-45 seconds

Stretching

Exercise	Description	Sets	Reps
Child's Pose	Sit back on heels with arms extended forward on th...	1	60-90 seconds
Wrist Stretch	A stretch to improve flexibility and prevent injur...	2	30 seconds each side

Day 15

Warmup

Exercise	Description	Sets	Reps
Jumping Jacks	A full-body exercise that can be done anywhere.	4u...	30 seconds
High Knees	A cardio-intensive exercise performed in place.	4u...	30 seconds
Arm Circles	Stand with arms extended to the sides. Make small ...	2u...	20 seconds each direction

Prehab

Exercise	Description	Sets	Reps
Wrist Rotations	Rotate wrists in both directions to prepare them for ...	2u...	10 rotations each direction
Cat-Cow Stretch	A gentle stretch to warm up the spine. On hands and knees ...	2u...	10 reps

Shoulder opener

Exercise	Description	Sets	Reps
Wall Slides	An exercise to improve shoulder mobility and posture.	4u...	12 reps
Band Pull-Aparts	Hold resistance band at chest level. Pull hands apart ...	4u...	15 reps

Handstand

Exercise	Description	Sets	Reps
Chest-to-Wall Handstand	Face the wall in handstand position. This variation ...	4u...	30-45 seconds

Conditioning

Exercise	Description	Sets	Reps
Push-ups	Classic upper body exercise. Lower body to ground.	4u...	10-15 reps
Plank	A core strength exercise that involves maintaining a ...	4u...	60 seconds
Hollow Body Hold	Lie on back, press lower back to ground, lift shoulders ...	4u...	30-45 seconds

Stretching

Exercise	Description	Sets	Reps
Child's Pose	Sit back on heels with arms extended forward on th...	1	60-90 seconds
Wrist Stretch	A stretch to improve flexibility and prevent injur...	2	30 seconds each side

Day 16

Warmup

Exercise	Description	Sets	Reps
Arm Circles	Stand with arms extended to the sides. Make small ...	2	20 seconds each direction
Jumping Jacks	A full-body exercise that can be done anywhere. 4u...	4	30 seconds

Prehab

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

Shoulder opener

Exercise	Description	Sets	Reps
Band Pull-Aparts	Hold resistance band at chest level. Pull hands ap...	4	15 reps
Wall Slides	An exercise to improve shoulder mobility and pos...	4	12 reps

Handstand

Exercise	Description	Sets	Reps
Wall Handstand Hold	Hold a handstand against a wall to build strength...	5	30-60 seconds

Conditioning

Exercise	Description	Sets	Reps
Plank	A core strength exercise that involves maintaini...	4	60 seconds
Hollow Body Hold	Lie on back, press lower back to ground, lift shou...	4	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. Hold...	1	60-90 seconds

Day 17

Warmup

Exercise	Description	Sets	Reps
High Knees	A cardio-intensive exercise performed in place. Run...	4...	30 seconds
Arm Circles	Stand with arms extended to the sides. Make small ...	2...	20 seconds each direction
Jumping Jacks	A full-body exercise that can be done anywhere. Run...	4...	30 seconds

Prehab

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

Shoulder opener

Exercise	Description	Sets	Reps
Wall Slides	An exercise to improve shoulder mobility and posture. Stand...	4...	12 reps
Band Pull-Aparts	Hold resistance band at chest level. Pull hands apart and up...	4...	15 reps

Handstand

Exercise	Description	Sets	Reps
Wall Handstand Hold	Hold a handstand against a wall to build strength and balance...	5...	30-60 seconds
Chest-to-Wall Handstand	Face the wall in handstand position. This variation is easier...	4...	30-45 seconds

Conditioning

Exercise	Description	Sets	Reps
Hollow Body Hold	Lie on back, press lower back to ground, lift shoulders and...	4...	30-45 seconds
Plank	A core strength exercise that involves maintaining a rigid po...	4...	60 seconds
Push-ups	Classic upper body exercise. Lower body to ground and arms...	4...	10-15 reps

Stretching

Exercise	Description	Sets	Reps
Shoulder Stretch	Pull one arm across body using the other arm. Hold...	2	30 seconds each side
Wrist Stretch	A stretch to improve flexibility and prevent injur...	2	30 seconds each side
Child's Pose	Sit back on heels with arms extended forward on th...	1	60-90 seconds

Day 18

Warmup

Exercise	Description	Sets	Reps
High Knees	A cardio-intensive exercise performed in place. Run...	4...	30 seconds
Jumping Jacks	A full-body exercise that can be done anywhere. Run...	4...	30 seconds
Arm Circles	Stand with arms extended to the sides. Make small ...	2...	20 seconds each direction

Prehab

Exercise	Description	Sets	Reps
Wrist Rotations	Rotate wrists in both directions to prepare them for 2.	2...	10 rotations each direction
Cat-Cow Stretch	A gentle stretch to warm up the spine. On hands and kn...	2...	10 reps

Shoulder opener

Exercise	Description	Sets	Reps
Band Pull-Aparts	Hold resistance band at chest level. Pull hands apart...	4...	15 reps

Handstand

Exercise	Description	Sets	Reps
Wall Handstand Hold	Hold a handstand against a wall to build strength and bal...	5...	30-60 seconds

Conditioning

Exercise	Description	Sets	Reps
Plank	A core strength exercise that involves maintaining a ...	4...	60 seconds
Hollow Body Hold	Lie on back, press lower back to ground, lift shoulders...	4...	30-45 seconds
Push-ups	Classic upper body exercise. Lower body to ground and ...	4...	10-15 reps

Stretching

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

Day 19

Warmup

Exercise	Description	Sets	Reps
High Knees	A cardio-intensive exercise performed in place. R...	4...	30 seconds
Jumping Jacks	A full-body exercise that can be done anywhere. 4u...	4u...	30 seconds

Prehab

Exercise	Description	Sets	Reps
Wrist Rotations	Rotate wrists in both directions to prepare them f2.	2.	10 rotations each direction

Shoulder opener

Exercise	Description	Sets	Reps
Wall Slides	An exercise to improve shoulder mobility and pos4u...	4u...	12 reps
Band Pull-Aparts	Hold resistance band at chest level. Pull hands ap4...	4...	15 reps

Handstand

Exercise	Description	Sets	Reps
Chest-to-Wall Handstand	Face the wall in handstand position. This variatio4.	4.	30-45 seconds

Conditioning

Exercise	Description	Sets	Reps
Hollow Body Hold	Lie on back, press lower back to ground, lift shou4.	4.	30-45 seconds
Push-ups	Classic upper body exercise. Lower body to grou4d ...	4d ...	10-15 reps

Stretching

Exercise	Description	Sets	Reps
Shoulder Stretch	Pull one arm across body using the other arm. Hold...	2	30 seconds each side
Wrist Stretch	A stretch to improve flexibility and prevent injur...	2	30 seconds each side
Child's Pose	Sit back on heels with arms extended forward on th...	1	60-90 seconds

Day 20

Warmup

Exercise	Description	Sets	Reps
Arm Circles	Stand with arms extended to the sides. Make small ...	2	20 seconds each direction
Jumping Jacks	A full-body exercise that can be done anywhere. 4u...	4	30 seconds

Prehab

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

Shoulder opener

Exercise	Description	Sets	Reps
Band Pull-Aparts	Hold resistance band at chest level. Pull hands apart...	4	15 reps
Wall Slides	An exercise to improve shoulder mobility and posture...	4	12 reps

Handstand

Exercise	Description	Sets	Reps
Chest-to-Wall Handstand	Face the wall in handstand position. This variation...	4	30-45 seconds

Conditioning

Exercise	Description	Sets	Reps
Plank	A core strength exercise that involves maintaining...	4	60 seconds
Push-ups	Classic upper body exercise. Lower body to ground...	4	10-15 reps

Stretching

Exercise	Description	Sets	Reps
Shoulder Stretch	Pull one arm across body using the other arm. Hold...	2	30 seconds each side
Wrist Stretch	A stretch to improve flexibility and prevent injur...	2	30 seconds each side

Day 21

Warmup

Exercise	Description	Sets	Reps
High Knees	A cardio-intensive exercise performed in place. Run...	4...	30 seconds
Jumping Jacks	A full-body exercise that can be done anywhere. Run...	4...	30 seconds

Prehab

Exercise	Description	Sets	Reps
Wrist Rotations	Rotate wrists in both directions to prepare them for...	2...	10 rotations each direction

Shoulder opener

Exercise	Description	Sets	Reps
Band Pull-Aparts	Hold resistance band at chest level. Pull hands apart...	4...	15 reps

Handstand

Exercise	Description	Sets	Reps
Wall Handstand Hold	Hold a handstand against a wall to build strength...	5...	30-60 seconds

Conditioning

Exercise	Description	Sets	Reps
Plank	A core strength exercise that involves maintaining...	4...	60 seconds
Hollow Body Hold	Lie on back, press lower back to ground, lift shoulders...	4...	30-45 seconds

Stretching

Exercise	Description	Sets	Reps
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Wrist Stretch	A stretch to improve flexibility and prevent injur...	2	30 seconds each side
Child's Pose	Sit back on heels with arms extended forward on th...	1	60-90 seconds