

Test Course

7-Day Program

Day 1

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 back and forth while keeping the head and neck neutral.	3 sets	10 reps

Shoulder Opener

Exercise	Description	Sets	Reps
Wall Slides	An exercise to improve shoulder mobility and posture. Stand with your back to a wall, slide your back down until your shoulder blades touch the wall, then slide back up.	3 sets	12 reps

Handstand

Exercise	Description	Sets	Reps
Wall Handstand Hold	Hold a handstand against a wall to build strength and control. Hold for 30-60 seconds.	1 set	30-60 seconds
Chest-to-Wall Handstand	Face the wall in handstand position. This variation focuses on shoulder strength. Hold for 30-45 seconds.	1 set	30-45 seconds

Conditioning

Exercise	Description	Sets	Reps
Push-ups	Classic upper body exercise. Lower body to ground ...	3 sets	10-15 reps
Plank	A core strength exercise that involves maintaining a ...	1 set	60 seconds
Hollow Body Hold	Lie on back, press lower back to ground, lift shou...3.	1 set	30-45 seconds

Stretching

Exercise	Description	Sets	Reps

Shoulder Stretch	Pull one arm across body using the other arm. Hold for 30 seconds.	30 seconds each side
Wrist Stretch	A stretch to improve flexibility and prevent injury.	30 seconds each side

Day 2

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 back and forth while keeping the head and neck neutral.	3 sets	10 reps

Shoulder Opener

Exercise	Description	Sets	Reps
Band Pull-Aparts	Hold resistance band at chest level. Pull hands apart until you feel a stretch in the shoulders.	3 sets	15 reps
Wall Slides	An exercise to improve shoulder mobility and posture. Lie on your stomach with your feet against a wall. Slide your feet away from your body until you feel a stretch in your shoulders, then slide them back towards your body.	3 sets	12 reps

Handstand

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

Conditioning

Exercise	Description	Sets	Reps
Plank	A core strength exercise that involves maintaining a straight line from head to heels.	3 sets	60 seconds
Push-ups	Classic upper body exercise. Lower body to ground and push back up.	4 sets	10-15 reps

Stretching

Exercise	Description	Sets	Reps

Shoulder Stretch	Pull one arm across body using the other arm. Hold for 30 seconds.	30 seconds each side
Wrist Stretch	A stretch to improve flexibility and prevent injury.	30 seconds each side

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, move the hips back and forth while arching the lower back.	2 sets	10 reps

Shoulder Opener

Exercise	Description	Sets	Reps
Band Pull-Aparts	Hold resistance band at chest level. Pull hands apart until you feel a stretch in the shoulders.	3 sets	15 reps

Handstand

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

Conditioning

Exercise	Description	Sets	Reps
Plank	A core strength exercise that involves maintaining a straight line from head to heels.	3 sets	60 seconds
Hollow Body Hold	Lie on back, press lower back to ground, lift shoulders and hips.	3 sets	30-45 seconds

Stretching

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

Child's Pose	Sit back on heels with arms extended forward on the floor.	60-90 seconds
Shoulder Stretch	Pull one arm across body using the other arm. Hold for 30 seconds.	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, move the hips forward and back while keeping the head and neck aligned.	2 sets	10 reps

Shoulder Opener

Exercise	Description	Sets	Reps
Band Pull-Aparts	Hold resistance band at chest level. Pull hands apart until you feel a stretch in the shoulders.	3 sets	15 reps

Handstand

Exercise	Description	Sets	Reps
Chest-to-Wall Handstand	Face the wall in handstand position. This variation is easier for beginners.	3 sets	30-45 seconds
Wall Handstand Hold	Hold a handstand against a wall to build strength.	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
Hollow Body Hold	Lie on back, press lower back to ground, lift shou... .	3 sets	30-45 seconds
Plank	A core strength exercise that involves maintaining a ...	3 sets	60 seconds

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
Shoulder Stretch	Pull one arm across body using the other arm. Hold for 30 seconds.	1	30 seconds each side

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, move the hips back and forth while keeping the head and neck aligned.	2 sets	10 reps

Shoulder Opener

Exercise	Description	Sets	Reps
Band Pull-Aparts	Hold resistance band at chest level. Pull hands apart until you feel a stretch in the shoulders.	2 sets	15 reps

Handstand

Exercise	Description	Sets	Reps
Wall Handstand Hold	Hold a handstand against a wall to build strength and balance.	1 set	30-60 seconds

Conditioning

Exercise	Description	Sets	Reps
Push-ups	Classic upper body exercise. Lower body to ground and back up.	3 sets	10-15 reps
Plank	A core strength exercise that involves maintaining a straight line from head to heels.	1 set	60 seconds
Hollow Body Hold	Lie on back, press lower back to ground, lift shoulders and legs.	1 set	30-45 seconds

Stretching

Exercise	Description	Sets	Reps
Shoulder Stretch	Pull one arm across body using the other arm. Hold for 30 seconds each side.	1 set	30 seconds each side

Child's Pose	Sit back on heels with arms extended forward on the floor.	60-90 seconds
Wrist Stretch	A stretch to improve flexibility and prevent injury.	30 seconds each side

Day 6

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, move the hips back and forth while keeping the head and neck neutral.	2 sets	10 reps

Shoulder Opener

Exercise	Description	Sets	Reps
Band Pull-Aparts	Hold resistance band at chest level. Pull hands apart until you feel a stretch in the shoulder blades.	3 sets	15 reps

Handstand

Exercise	Description	Sets	Reps
Wall Handstand Hold	Hold a handstand against a wall to build strength and balance.	1 set	30-60 seconds

Conditioning

Exercise	Description	Sets	Reps
Push-ups	Classic upper body exercise. Lower body to ground and back up.	3 sets	10-15 reps
Plank	A core strength exercise that involves maintaining a straight line from head to heels.	1 set	60 seconds

Stretching

Exercise	Description	Sets	Reps
Wrist Stretch	A stretch to improve flexibility and prevent injury. Hold each side for 30 seconds.	1 set	30 seconds each side
Shoulder Stretch	Pull one arm across body using the other arm. Hold each side for 30 seconds.	1 set	30 seconds each side

Child's Pose	Sit back on heels with arms extended forward on the floor.	60-90 seconds
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Day 7

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, move the hips back and forth while arching the lower back.	2 sets	10 reps

Shoulder Opener

Exercise	Description	Sets	Reps
Wall Slides	An exercise to improve shoulder mobility and posture. Lie on your stomach, place your forearms on the wall, and slide your body down until your chest is near the floor.	4 sets	12 reps
Band Pull-Aparts	Hold resistance band at chest level. Pull hands apart until you feel a stretch in the front of your shoulders.	3 sets	15 reps

Handstand

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

Conditioning

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

Stretching

Exercise	Description	Sets	Reps
Wrist Stretch	A stretch to improve flexibility and prevent injury. Hold each side for 30 seconds.	2 sets	30 seconds each side

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