

# **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.	3 sets	30 seconds
Arm Circles	Stand with arms extended to the sides. Make small circles.	2 sets	20 seconds each direction
High Knees	A cardio-intensive exercise performed in place.	3 sets	30 seconds

## Prehab

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

## Shoulder opener

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

## Handstand

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

## Conditioning

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

## Stretching

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

# Day 2

## Warmup

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

## Prehab

Exercise	Description	Sets	Reps
Wrist Rotations	Rotate wrists in both directions to prepare them for the day.	2 sets	10 rotations each direction
Cat-Cow Stretch	A gentle stretch to warm up the spine. On hands and knees, arch back like a cat, then round like a cow.	2 sets	10 reps

## Shoulder opener

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

## 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 legs.	3 sets	30-45 seconds
Push-ups	Classic upper body exercise. Lower body to ground and back up.	3 sets	10-15 reps

## **Stretching**

<b>Exercise</b>	<b>Description</b>	<b>Sets</b>	<b>Reps</b>
Shoulder Stretch	Pull one arm across body using the other arm. Hold... <small>Start with your right arm bent at the elbow and hand near your shoulder. Use your left arm to pull your right arm across your chest until you feel a stretch in your right shoulder. Hold for 30 seconds, then switch sides.</small>	1	30 seconds each side
Child's Pose	Sit back on heels with arms extended forward on the floor. Hold... <small>Start in a kneeling position, sitting back on your heels. Lower your torso until it is parallel to the floor. Extend your arms forward and place them on the floor. Hold for 60-90 seconds.</small>	1	60-90 seconds

# Day 3

## Warmup

Exercise	Description	Sets	Reps
Jumping Jacks	A full-body exercise that can be done anywhere.	3 sets	30 seconds
Arm Circles	Stand with arms extended to the sides. Make small circles with your arms.	2 sets	20 seconds each direction

## Prehab

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

## Shoulder opener

Exercise	Description	Sets	Reps
Wall Slides	An exercise to improve shoulder mobility and posture.	3 sets	12 reps
Band Pull-Aparts	Hold resistance band at chest level. Pull hands apart.	2 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 legs.	3 sets	30-45 seconds
Push-ups	Classic upper body exercise. Lower body to ground.	4 sets	10-15 reps

## **Stretching**

<b>Exercise</b>	<b>Description</b>	<b>Sets</b>	<b>Reps</b>
Shoulder Stretch	Pull one arm across body using the other arm. Hold... A stretch to improve flexibility and prevent injur...	1	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. Run on the spot, bringing knees towards the chest.	3 sets	30 seconds
Jumping Jacks	A full-body exercise that can be done anywhere. Jump up and down, spreading legs wide and raising arms at the same time.	3 sets	30 seconds
Arm Circles	Stand with arms extended to the sides. Make small circles with your arms, moving them forward and back.	3 sets	20 seconds each direction

## Prehab

Exercise	Description	Sets	Reps
Wrist Rotations	Rotate wrists in both directions to prepare them for the main exercises.	2 sets	10 rotations each direction
Cat-Cow Stretch	A gentle stretch to warm up the spine. On hands and knees, arch back like a cat, then round like a cow.	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 helps with form and confidence.	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
Hollow Body Hold	Lie on back, press lower back to ground, lift shoulders and hips.	3 sets	30-45 seconds
Plank	A core strength exercise that involves maintaining a straight line from head to heels.	3 sets	60 seconds

## **Stretching**

<b>Exercise</b>	<b>Description</b>	<b>Sets</b>	<b>Reps</b>
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 circles.	20 seconds each direction	
High Knees	A cardio-intensive exercise performed in place. Run on the spot.	30 seconds	
Jumping Jacks	A full-body exercise that can be done anywhere.	30 seconds	

## Prehab

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

## Shoulder opener

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

## Handstand

Exercise	Description	Sets	Reps
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 shoulders.	3 sets	30-45 seconds

## Stretching

Exercise	Description	Sets	Reps
Shoulder Stretch	Pull one arm across body using the other arm. Hold for 30 seconds.	1	30 seconds each side
Wrist Stretch	A stretch to improve flexibility and prevent injury. Hold for 30 seconds.	2	30 seconds each side

# Day 6

## Warmup

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

## Prehab

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

## Shoulder opener

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

## Handstand

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

## **Stretching**

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

# Day 7

## Warmup

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

## Prehab

Exercise	Description	Sets	Reps
Wrist Rotations	Rotate wrists in both directions to prepare them for the session.	12 sets	10 rotations each direction

## Shoulder opener

Exercise	Description	Sets	Reps
Band Pull-Aparts	Hold resistance band at chest level. Pull hands apart.	8 sets	15 reps

## Handstand

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

## Conditioning

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

## Stretching

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

# Day 8

## Warmup

Exercise	Description	Sets	Reps
High Knees	A cardio-intensive exercise performed in place. Run in place, bringing knees up towards chest.	3 sets	30 seconds
Jumping Jacks	A full-body exercise that can be done anywhere. Jump up and down, spreading legs wide and raising arms at the same time.	3 sets	30 seconds
Arm Circles	Stand with arms extended to the sides. Make small circles with your arms, moving them forward and back.	3 sets	20 seconds each direction

## Prehab

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

## 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. Slide down a wall while keeping your back straight and head up.	3 sets	12 reps

## Handstand

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

## Conditioning

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

## **Stretching**

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

# Day 9

## Warmup

Exercise	Description	Sets	Reps
High Knees	A cardio-intensive exercise performed in place. Run on the spot, bring knees up towards chest.	3 sets	30 seconds
Jumping Jacks	A full-body exercise that can be done anywhere. Jump up and down, spreading legs wide and raising arms.	3 sets	30 seconds
Arm Circles	Stand with arms extended to the sides. Make small circles with your arms, both clockwise and counter-clockwise.	3 sets	20 seconds each direction

## 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
Wrist Rotations	Rotate wrists in both directions to prepare them for the day's activities.	2 sets	10 rotations each direction

## Shoulder opener

Exercise	Description	Sets	Reps
Wall Slides	An exercise to improve shoulder mobility and posture. Stand facing a wall, slide down, then push back up.	3 sets	12 reps

## Handstand

Exercise	Description	Sets	Reps
Chest-to-Wall Handstand	Face the wall in handstand position. This variation helps with alignment.	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, lift torso, lower back to ground.	3 sets	10-15 reps
Hollow Body Hold	Lie on back, press lower back to ground, lift shoulders and hips off the floor.	3 sets	30-45 seconds

## **Stretching**

<b>Exercise</b>	<b>Description</b>	<b>Sets</b>	<b>Reps</b>
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 10

## Warmup

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

## Prehab

Exercise	Description	Sets	Reps
Cat-Cow Stretch	A gentle stretch to warm up the spine. On hands and knees.	3 sets	10 reps

## Shoulder opener

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

## Handstand

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

## **Stretching**

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

# Day 11

## Warmup

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

## Prehab

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

## Shoulder opener

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

## Handstand

Exercise	Description	Sets	Reps
Wall Handstand Hold	Hold a handstand against a wall to build strength.	4 sets	30-60 seconds
Chest-to-Wall Handstand	Face the wall in handstand position. This variation is easier.	3 sets	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 position.	3 sets	60 seconds
Hollow Body Hold	Lie on back, press lower back to ground, lift shoulders.	3 sets	30-45 seconds

## **Stretching**

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

# Day 12

## Warmup

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

## Prehab

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

## Shoulder opener

Exercise	Description	Sets	Reps
Band Pull-Aparts	Hold resistance band at chest level. Pull hands apart.	3 sets	15 reps
Wall Slides	An exercise to improve shoulder mobility and posture.	3 sets	12 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.	5 sets	30-60 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 straight line from head to heels.	3 sets	60 seconds
Hollow Body Hold	Lie on back, press lower back to ground, lift shoulders and legs.	3 sets	30-45 seconds

## **Stretching**

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

# Day 13

## Warmup

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

## Prehab

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

## Shoulder opener

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

## Handstand

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

## Conditioning

Exercise	Description	Sets	Reps
Push-ups	Classic upper body exercise. Lower body to ground.	8 sets	10-15 reps
Hollow Body Hold	Lie on back, press lower back to ground, lift shoulders.	3 sets	30-45 seconds

## Stretching

Exercise	Description	Sets	Reps

Wrist Stretch	A stretch to improve flexibility and prevent injury. Repeat 2 times.	30 seconds each side
Shoulder Stretch	Pull one arm across body using the other arm. Hold for 30 seconds.	30 seconds each side
Child's Pose	Sit back on heels with arms extended forward on the floor. Hold for 60-90 seconds.	60-90 seconds

# Day 14

## Warmup

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

## Prehab

Exercise	Description	Sets	Reps
Wrist Rotations	Rotate wrists in both directions to prepare them for the day.	2 sets	10 rotations each direction
Cat-Cow Stretch	A gentle stretch to warm up the spine. On hands and knees, arch back like a cat, then round like a cow.	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
Chest-to-Wall Handstand	Face the wall in handstand position. This variation is easier for beginners.	3 sets	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 ...	3 sets	60 seconds
Hollow Body Hold	Lie on back, press lower back to ground, lift shou...3.	3 sets	30-45 seconds

## **Stretching**

<b>Exercise</b>	<b>Description</b>	<b>Sets</b>	<b>Reps</b>
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 15

## Warmup

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

## Prehab

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

## Shoulder opener

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

## Handstand

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

## Conditioning

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

## **Stretching**

<b>Exercise</b>	<b>Description</b>	<b>Sets</b>	<b>Reps</b>
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 16

## Warmup

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

## Prehab

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

## Shoulder opener

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

## Handstand

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

## Conditioning

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

## Stretching

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

# Day 17

## Warmup

Exercise	Description	Sets	Reps
High Knees	A cardio-intensive exercise performed in place.	4 sets	30 seconds
Arm Circles	Stand with arms extended to the sides. Make small circles.	3 sets	20 seconds each direction
Jumping Jacks	A full-body exercise that can be done anywhere.	4 sets	30 seconds

## Prehab

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

## Shoulder opener

Exercise	Description	Sets	Reps
Wall Slides	An exercise to improve shoulder mobility and posture.	4 sets	12 reps
Band Pull-Aparts	Hold resistance band at chest level. Pull hands apart.	3 sets	15 reps

## Handstand

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

## Conditioning

Exercise	Description	Sets	Reps
Hollow Body Hold	Lie on back, press lower back to ground, lift shoulders.	4 sets	30-45 seconds
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.	3 sets	10-15 reps

## **Stretching**

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

# Day 18

## Warmup

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

## Prehab

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

## Shoulder opener

Exercise	Description	Sets	Reps
Band Pull-Aparts	Hold resistance band at chest level. Pull hands ap...		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 shou	4.	30-45 seconds
Push-ups	Classic upper body exercise. Lower body to groun	d ...	10-15 reps

## **Stretching**

<b>Exercise</b>	<b>Description</b>	<b>Sets</b>	<b>Reps</b>
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 19

## Warmup

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

## Prehab

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

## Shoulder opener

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

## Handstand

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

## Conditioning

Exercise	Description	Sets	Reps
Hollow Body Hold	Lie on back, press lower back to ground, lift shoulders.	4 sets	30-45 seconds
Push-ups	Classic upper body exercise. Lower body to ground ...	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.	1	30 seconds each side
Wrist Stretch	A stretch to improve flexibility and prevent injury. Hold for 30 seconds.	1	30 seconds each side
Child's Pose	Sit back on heels with arms extended forward on the floor. Hold for 60-90 seconds.	1	60-90 seconds

# Day 20

## Warmup

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

## Prehab

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

## Shoulder opener

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

## Handstand

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

## Conditioning

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

## Stretching

Exercise	Description	Sets	Reps
Shoulder Stretch	Pull one arm across body using the other arm. Hold... Description	1	30 seconds each side
Wrist Stretch	A stretch to improve flexibility and prevent injur... Description	2	30 seconds each side

# Day 21

## Warmup

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

## Prehab

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

## Shoulder opener

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

## Handstand

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

## Conditioning

Exercise	Description	Sets	Reps
Plank	A core strength exercise that involves maintaining a straight body from head to heels.	4 sets	60 seconds
Hollow Body Hold	Lie on back, press lower back to ground, lift shoulders and hips.	4 sets	30-45 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