



The Handstand Plan

How to use this plan

As you now move forward with your handstand training, we will all have different needs and wants in terms of how much time we want to dedicate to handstands alongside other hobbies, commitments and lifestyles.

This 6 month programme is designed to give you a framework of something to follow, but I would encourage you to reflect upon your own handstand progress and remove/replace any classes which you feel no longer serve you. For example, if you have achieved perfectly open shoulders in your chest-to wall-handstand [a 180 degree line between upper torso and upper arm], then continuing to work on your shoulder mobility is unlikely to be a useful application of your time in improving your handstand. Or if you can confidently cartwheel out of your overbalanced handstands, repeating the 'Learn To Fall' class would provide little benefit!

The most important factor is continuing to get on your hands and 'get your reps in' for your handstand consistency, and if any of the classes within this 6 month time frame no longer serve you, you could choose to simply take 'Ready in 5' + 'EMOM', or choose some of your favourite drills from the 'Kick Up Classes' and free-style your practice.

The 6 month programming assumes you can find time for 3 sessions a week. Depending on your preferences you may choose to do more or less than this! But it's the recommended frequency of practice that keeps your handstand skill progressing. If you are doing less due to making time for other activities, a great option would be to add a 'Ready in 5' and 'EMOM' class on to the end of whatever activity you've been doing.

Within the programming you will see the option to 'Choose a Skills Class'. Your skills classes are the Level 1 to Level 4 Kick Up classes. Pick whichever level suits you best at that given moment. As these classes involve a lot of teaching and explanation, for ease of repetition, you will find the list of drills/exercises written on the next page if you would eventually prefer to practice these skills without following along to the video.

Best of luck with your continued handstand journey - I would love for you to continue to share your updates and questions in the Facebook Community group. See you there!



List of Kick Up drills

Kick Up Level 1

Warm up with Ready in 5

- Optional: Headstand entry/confidence tower - try to build the tower higher with each time you take this session
- Tuck hold at the wall [10s hold, 3 sets]
- From Standing Kick Up Attempts [5 reps, 30s rest, 2 sets]
- Lean in Kick Up Attempts [5 reps, 30s rest, 2 sets]
- Hands Planted Kick Up Attempts [5 reps, 30s rest, 2 sets]

Kick Up Level 2

Warm up with Ready in 5

- Chest to wall [6s hold, 3 sets]

Increase the hold as you repeat this session [3 x 8s, 3 x 10s]

- Kick ups at the wall - 2 straight legs to the wall [5 reps, 30s rest, 2 sets]
- Move a little further from the wall - Kick up to Y shape [5 reps, 30s rest, repeat on other leg]
- Scissors switches [8 switches, 30s rest, 3 sets]

Increase this time as you repeat this session [10 switches, 12 switches, 14 switches]

- Switch leg kick ups [90s - 2 mins of practice]

Kick Up Level 3

Warm up with Ready in 5

- Chest to wall [10s hold, 3 sets]

Increase the hold as you repeat this session [3 x 15s, 3 x 20s]

- Seated hamstring stretch for 30 seconds between sets. [Left side, right side, both legs together]
- Confidence kick ups [5 kick ups, 30s rest, 2 sets]
- Wide leg seated stretch for 30 seconds after each set

[Choose your hardest version of kick ups]

Right Leg:

- Bent leg L shape balance practice [30s work, 30s rest, 2 sets]
- Single leg hamstring stretch after each set

Increase this time as you repeat this session [45s, 60s]



Level 3 Drills continued:

Left Leg:

- Bent leg L shape balance practice [30 - 45 secs work, 30 seconds rest, 2 sets]
- Single leg hamstring stretch after each set

Increase this time as you repeat this session [45s, 60s]

- Take larger distance from wall - Y Kick Up practice trying not to touch wall at all [5 reps, 30s rest, 3 sets]
- Freestanding kick ups - half tuck shape [knee to chest, heel to bum] [5 reps, 30s rest, 4 sets]

Kick Up Level 4

Warm up with Ready in 5

- Chest to wall [2 minute max hold, beat your last time]
- Heel pulls [30-45s work, 30s rest, 3 sets]
- Seated hamstring stretch after each set, 30 seconds [left leg, right leg, both legs together]

Increase this time as you repeat this session [45s, 60s]

- Toe pulls [30-45s work, 30s rest, 3 sets]
- Seated hamstring stretch after each set, 30 seconds [left leg, right leg, both legs together]

Increase this time as you repeat this session [45s, 60s]

- Straight legs L shape balance practice [30-45s work, 30s rest, 2 sets]

Work on drawing the legs together into a straight handstand

- Freestanding Kick Up Practice - Y shape or Half Tuck [3-5 kick attempts, 30s rest, 4 sets]
- Freestanding Balance Practice, catch in a Y shape and draw legs together towards straight legs [2 minutes practice]

The Handstand Plan

Continued Training



Week 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Shoulder Mobility + EMOM		Choose a skills class			Ready in 5 + EMOM	

Week 2

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Learn to Fall			Lengthen the Hamstrings		Strength Endurance	

Week 3

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Wrist Mobility + EMOM		Choose a skills class		Core + Leg Strength		

Week 4

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Ready in 5 + EMOM		Strength Intensity			Shoulder Mobility + EMOM	

The Handstand Plan

Continued Training



Week 5

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Exploring Shapes		Gaze Drills for Balance			Basecamp* + EMOM	

*Take the Basecamp class for the first 30 minutes and when the handstand practice arrives, move on to EMOM

Week 6

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	Lengthen the Hamstrings		Wrist Mobility + EMOM		Choose a skills class	

Week 7

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Strength Endurance		Ready in 5 + EMOM		Shoulder Mobility + EMOM		

Week 8

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Learn to Fall		Choose a skills class		Strength Intensity		

The Handstand Plan

Continued Training



Week 9

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Core + Leg Strength + EMOM		Wrist Mobility + EMOM			Choose a skills class	

Week 10

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	Ready in 5 + EMOM		Strength Endurance		Exploring Shapes	

Week 11

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Gaze Drills for Balance		Lengthen the Hamstrings			Choose a skills class	

Week 12

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Learn to Fall		Strength Intensity			Shoulder Mobility + EMOM	

The Handstand Plan

Continued Training



Week 13

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Choose a skills class		Basecamp* + EMOM			Ready in 5 + EMOM	

*Take the Basecamp class for the first 30 minutes and when the handstand practice arrives, move on to EMOM

Week 14

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	Lengthen the Hamstrings		Choose a skills class		Strength Intensity	

Week 15

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Ready in 5 + EMOM		Exploring Shapes			Shoulder Mobility + EMOM	

Week 16

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	Choose a skills class		Wrist Mobility + EMOM		Strength Endurance	

The Handstand Plan

Continued Training



Week 17

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Core + Leg Strength + EMOM		Shoulder Mobility + EMOM			Ready in 5 + EMOM	

Week 18

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Choose a skills class		Lengthen the Hamstrings			Gaze Drills for Balance	

Week 19

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Strength Intensity			Ready in 5 + EMOM		Exploring Shapes	

Week 20

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	Strength Endurance			Choose a skills class		Ready in 5 + EMOM

The Handstand Plan

Continued Training



Week 21

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Strength Intensity		Ready in 5 + EMOM			Choose a skills class	

Week 22

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	Shoulder Mobility + EMOM		Lengthen the Hamstrings		Choose a skills class	

Week 23

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Ready in 5 + EMOM		Strength Endurance			Core + Leg Strength + EMOM	

Week 24

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Choose a skills class		Ready in 5 + EMOM		Exploring Shapes		Basecamp* + EMOM

*Take the Basecamp class for the first 30 minutes and when the handstand practice arrives, move on to EMOM