

Handstand Mastery Level 2

6 Week Programme

Week 1 & 2

BEFORE STARTING LEVEL 2, YOU SHOULD BE ABLE TO PERFORM THE FOLLOWING:-
Dish 45 Secs, Arch 45 Secs, Long Front Support 45 Secs, Handstand Facing Wall 45 Secs

Circuit 1

3 Rounds - Start with 30 seconds of work and 30 seconds of rest. As you progress, start to increase the work time towards 45 seconds but keep the rest period at 30 seconds.

1. Dish Scissors Kicks
2. Travelling Caterpillar Walks (Showing Long Front Support)
3. Pike Push Ups (Feet on Floor)
4. Arch Rocks
5. Pike Handstand Corrections
6. Handstand Shrugs Facing Wall

Circuit 2

3 Rounds - Start with 30 seconds of work and 30 seconds of rest. As you progress, start to increase the work time towards 45 seconds but keep the rest period at 30 seconds.

1. Weighted Dish Hold
2. Long Front Support Hold (Low as possible)
3. Pike Handstand Shoulder Taps
4. Weighted Arch Hold
5. Wrist Extensions (On hands & knees)
6. Pike Handstand Back to Wall, Raise 1 leg so heel touches the wall hold 3 secs & alternate

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Week 3 & 4

Circuit 3

3 Rounds - Start with 30 seconds of work and 30 seconds of rest. As you progress, start to increase the work time towards 45 seconds but keep the rest period at 30 seconds.

1. Dish to Arch (Hold Each 3 Secs and Alternate sides)
2. D-Walk in Front Support
3. Pike Handstand Push Up (Feet Raised)
4. Arch Lifts over Cushion
5. Front Support Grip Squeeze
6. Kick to Handstand from 1 Knee, Back to Wall

Circuit 4

3 Rounds - Start with 30 seconds of work and 30 seconds of rest. As you progress, start to increase the work time towards 45 seconds but keep the rest period at 30 seconds.

1. Back Support Hold
2. Long Front Support Slides
3. Bunny Hops
4. Dish Lifts over Cushion
5. Pike Handstand 3 Taps (Safety Exit)
6. Kick to Handstand from Standing, Back to Wall

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Week 5 & 6

Circuit 5

3 Rounds - Start with 30 seconds of work and 30 seconds of rest. As you progress, start to increase the work time towards 45 seconds but keep the rest period at 30 seconds.

1. Candle Stick 45° Hold
2. Back Support Feet Raised
3. Pike Switch Kicks (On floor)
4. Korbets (Knees Raised)
5. 45° Handstand Facing Wall, Shoulder Taps
6. Handstand Back to Wall Bounces

Circuit 6

3 Rounds - Start with 30 seconds of work and 30 seconds of rest. As you progress, start to increase the work time towards 45 seconds but keep the rest period at 30 seconds.

1. Candle Stick, Straight Body Lowers
2. 3 Tap (safety Exit) Against Wall
3. Pike Handstand Switch Kicks Back To Wall
4. Korbets Between Two Cushions
5. Handstand Corrections Facing Wall
6. Kick to Handstand, Maximum Hold (Next to Wall, but trying not to touch it)