

Straddle Lift to Handstand

Complete 3 Rounds of the Circuits with 90 Second Rest Intervals Between Exercises

Before beginning the Straddle Lift to Handstand Programme, you should be able to perform the following exercises:-

Straddle ½ Lever 15 Secs, Tuck Top Planche 15 Secs, Free Handstand 15 Secs,
Swim Through (Straddle Fold & Box Splits)

Circuit 1 - Level 1

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|---|-----------------------|
| 1. Hard Shape | 15-20 Secs |
| 2. Straddle Leg Raises | X20 Hold Last 10 Secs |
| 3. Shoulder Openers with Elastic | X20 |
| 4. ½ Lever on parallettes, lift as high as possible In pike | X3 Hold 10 Secs |
| 5. Headstand Lifts | X6-8 |

Circuit 2 - Level 1

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| 1. Pike Thrust Slides | X10 |
| 2. Straddle V-Sits | X20 |
| 3. Straddle Bunny Hops | X8-10 |
| 4. Wall Bar Inverted Lift | X8-10 |
| 5. Lifts against slanted block (feet raised) | X6 |

Circuit 1 - Level 2

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|-------------------------------------|---------|
| 1. Press Up Block | X5 |
| 2. Straddle Leg Lifts (toes to bar) | X8 |
| 3. Straddle Jump to Handstand | X6-8 |
| 4. Straddle ½ Lever | 15 Secs |

Circuit 2 - Level 2

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|--|-----------------|
| 1. Straddle $\frac{1}{2}$ Lever on parallettes, lift as high as possible | X3 Hold 10 Secs |
| 2. Handstand Leg Openers | X6 |
| 3. Shoulder Openers Face Down with Weight | X20 |
| 4. Lifts with feet raised (on wall or free) | X5 |

Circuit 1 - Level 3

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| 1. Negatives (Full OR Handstand to Straddle Stand then to Straddle $\frac{1}{2}$ Lever) | X5 |
| 2. Standing Lift to Handstand | X5 |
| 3. Straddle Leg Lift (Full Invert) | X8 |
| 4. $\frac{1}{2}$ Endo Roll | X5 |