Handstand Progression - 04/13/19

See your most effective path to enjoy the handstand benefits. You might wonder how to do a handstand for beginners, intermediate or advanced. We unite the wisdom of handstand master teachers from all around the world in disciplines like Handbalancing, Movement training,

Calisthenics, Handstand Gymnastics and Yoga:

Master your handstand





Most effective exercises

Adapted to your level



Open your shoulders through targeted stretching for the handstand
Be able to hold your arms up while the lower back touches the wall (back to wall - 1 min)
Lie on the floor with the lower back touching the floor (arms and feet up - 1 min)
Do a "90 Degree Wall plank" (1 min)
Do a tripod headstand (fight the fear of upside down - 1 min)
Touch your toes while sitting with straight legs
Do a "165 Degree Wall Plank" (semi-handstand)
Hold a "Back to wall" Handstand against the wall (1 min)
Learn how to bail out from the wall with a cardwheel
Hold a "Chest to wall" Handstand against the wall (1 min)
Be able to stand on one leg with eyes closed to get in touch with your balance (15 sec)
Understand the your hand position is a important key (learn about the cambered hand position)
If you would like to see all exercises (and more that help you to achieve those milestones with full control) with short videos you can easily get them here: https://play.google.com/store/apps/details?id=com.calis.handstand
Be able to do the wall scissor handstand (only 1 leg at the wall and change - 10 reps)
Back to wall - Be able to pull your heels away from the wall and hold 15 sec

Now you move into advanced exercises. Start with a Tripod Headstand where legs move up and down

Learn how to reliably kick up and hold (Can you do 3 k	ick ups in a row)
Aim for a 15 second handstand	
Learn how to overbalance and correct	
Aim for a 30 second handstand	
Go back to the wall and gain some strength holding only with 1 arm (against the wall)	
You are on your way to a 1 min handstand	
If you would like to get more help and want to track yo below.	our journey. Our team prepared an app exactly for that purpose - see
Let us know how you are doing	Make and Share Free Checklists checkli.com
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