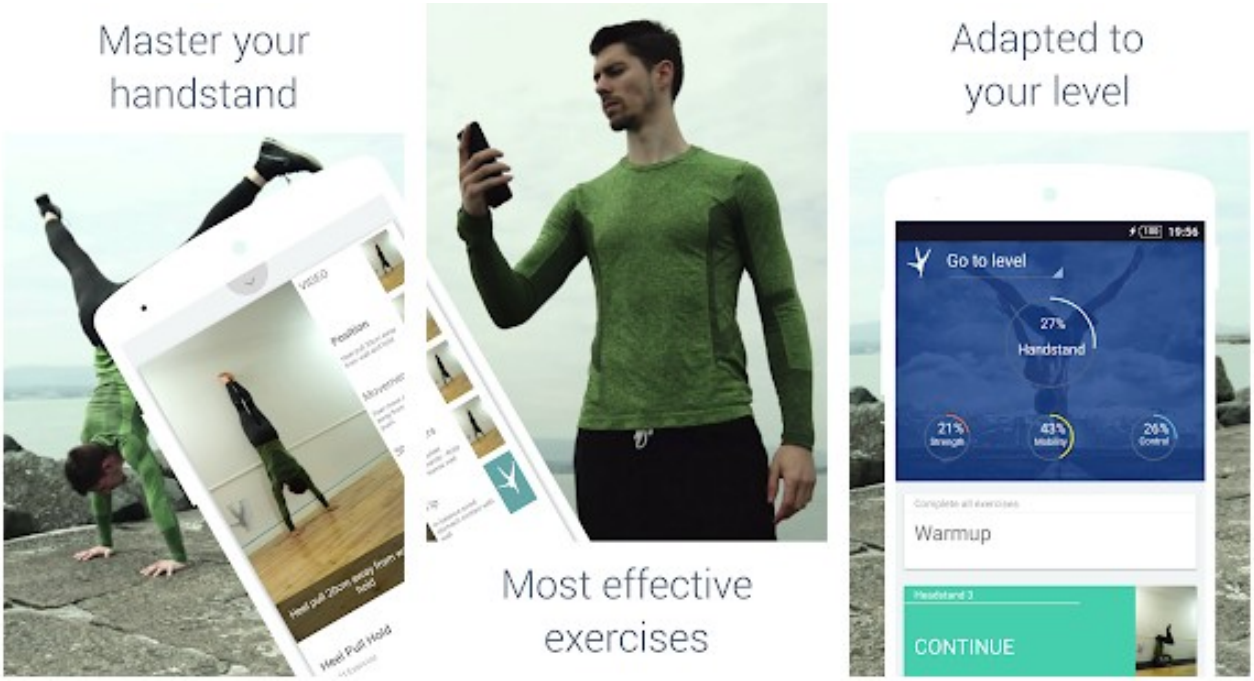
Handstand Progression - 04/13/19

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:



- [ ] 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 kick 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 your journey. Our team prepared an app exactly for that purpose - see below.
- [ ] Let us know how you are doing

Make and Share Free Checklists
checkli.com