

INTERMEDIATE

HANDSTAND 2.0 PROGRAM



DESIGNED FOR THOSE WHO CAN HOLD THE CHEST-TO-WALL HANDSTAND FOR 30 SECONDS AND WANT TO IMPROVE THEIR BALANCE TO UNLOCK THE FREESTANDING HANDSTAND.

The program is four weeks in duration and involves a handstand training frequency of four sessions per week.

To get the most from this program, ensure each exercise is challenging but achievable. If you don't feel confident performing the chest-to-wall balance exercise, you can replace this with practice reps of bailing from a handstand.

The sets and reps in this program are not strict but should act as a guide. If you find these sessions fatiguing and are having difficulty recovering, you can reduce the training volume or frequency. If you're confident you can recover and want to perform more practice, increase the number of sets, perform additional exercises, or add extra sessions.

Each session should be preceded by a [warm-up routine](#). Additional chest-to-wall handstand warm-up sets are included at the start of each session. These are to prime the body for optimal alignment in the exercises that follow.

As people improve at different rates, this program can be repeated multiple times before progressing to the advanced level.

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EXERCISE	SETS	REPS	NOTES
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SESSION 1

CHEST-TO-WALL HANDSTAND WARM-UP SETS	1-2	20 SEC
BACK-TO-WALL BALANCE	4	10-20 SEC
BAILING FROM A HANDSTAND	5-10 TOTAL	
BACK-TO-WALL KICK-UPS	5-10 TOTAL	
HOLLOW BODY HOLD	2	30 SEC
PASSIVE SHOULDER FLEXION STRETCH	2	30-60 SEC

SESSION 2

CHEST-TO-WALL HANDSTAND WARM-UP SETS	1-2	20 SEC
BACK-TO-WALL BALANCE	4	10-20 SEC
CHEST-TO-WALL BALANCE	4	10-20 SEC
BACK-TO-WALL KICK-UPS	5-10 TOTAL	
FRONT PLANK	2	30 SEC
PASSIVE SHOULDER FLEXION STRETCH	2	30-60 SEC
FORWARD FOLD	2	30-60 SEC

SESSION 3

CHEST-TO-WALL HANDSTAND WARM-UP SETS	1-2	20 SEC
CHEST-TO-WALL BALANCE	4	10-20 SEC
BACK-TO-WALL BALANCE	4	10-20 SEC
BAILING FROM A HANDSTAND	5-10 TOTAL	
HOLLOW BODY HOLD	2	30 SEC
PASSIVE SHOULDER FLEXION STRETCH	2	30-60 SEC

SESSION 4

CHEST-TO-WALL HANDSTAND WARM-UP SETS	1-2	20 SEC
BACK-TO-WALL KICK-UPS	5-10 TOTAL	
BACK-TO-WALL BALANCE	4	10-20 SEC
CHEST-TO-WALL BALANCE	4	10-20 SEC
CHEST-TO-WALL HANDSTAND ENDURANCE SETS	2	30-60 SEC
HOLLOW BODY HOLD	2	30 SEC
LOADED SHOULDER FLEXION STRETCH	2	30 SEC

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EXERCISE	SETS	REPS	NOTES
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SESSION 1

CHEST-TO-WALL HANDSTAND WARM-UP SETS	1-2	20 SEC	
BACK-TO-WALL BALANCE	5	10-20 SEC	
CHEST-TO-WALL BALANCE	5	10-20 SEC	
BACK-TO-WALL KICK-UPS	5-10 TOTAL		
HOLLOW BODY HOLD	2	30 SEC	
PASSIVE SHOULDER FLEXION STRETCH	2	30-60 SEC	

SESSION 2

CHEST-TO-WALL HANDSTAND WARM-UP SETS	1-2	20 SEC	
BACK-TO-WALL BALANCE	4	10-20 SEC	
CHEST-TO-WALL BALANCE	4	10-20 SEC	
FREESTANDING ATTEMPTS	5 TOTAL		
FRONT PLANK	2	30 SEC	
BUTCHERS BLOCK	2	30 SEC	
FORWARD FOLD	2	30-60 SEC	

SESSION 3

CHEST-TO-WALL HANDSTAND WARM-UP SETS	1-2	20 SEC	
CHEST-TO-WALL BALANCE	4	10-20 SEC	
BACK-TO-WALL BALANCE	4	10-20 SEC	
BACK-TO-WALL KICK-UPS	5-10 TOTAL		
HOLLOW BODY HOLD	2	30 SEC	
PASSIVE SHOULDER FLEXION STRETCH	2	30-60 SEC	

SESSION 4

CHEST-TO-WALL HANDSTAND WARM-UP SETS	1-2	20 SEC	
FREESTANDING ATTEMPTS	5 TOTAL		
BACK-TO-WALL BALANCE	4	10-20 SEC	
CHEST-TO-WALL BALANCE	4	10-20 SEC	
CHEST-TO-WALL HANDSTAND ENDURANCE SETS	2	30-60 SEC	
HOLLOW BODY HOLD	2	30 SEC	
LOADED SHOULDER FLEXION STRETCH	2	30 SEC	

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EXERCISE	SETS	REPS	NOTES
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SESSION 1

CHEST-TO-WALL HANDSTAND WARM-UP SETS	1-2	20 SEC
FREESTANDING ATTEMPTS	5-10 TOTAL	
BACK-TO-WALL BALANCE	5	10-20 SEC
CHEST-TO-WALL BALANCE	5	10-20 SEC
CHEST-TO-WALL HANDSTAND ENDURANCE SETS	2	30-60 SEC
PASSIVE SHOULDER FLEXION STRETCH	2	30-60 SEC

SESSION 2

CHEST-TO-WALL HANDSTAND WARM-UP SETS	1-2	20 SEC
BACK-TO-WALL BALANCE	5	10-20 SEC
CHEST-TO-WALL BALANCE	5	10-20 SEC
FREESTANDING ATTEMPTS	5 TOTAL	
FRONT PLANK	2	30 SEC
PASSIVE SHOULDER FLEXION STRETCH	2	30-60 SEC
FORWARD FOLD	2	30-60 SEC

SESSION 3

CHEST-TO-WALL HANDSTAND WARM-UP SETS	1-2	20 SEC
CHEST-TO-WALL BALANCE	5	10-20 SEC
BACK-TO-WALL BALANCE	5	10-20 SEC
BACK-TO-WALL KICK-UPS	5-10 TOTAL	
HOLLOW BODY HOLD	2	30 SEC
PASSIVE SHOULDER FLEXION STRETCH	2	30-60 SEC

SESSION 4

CHEST-TO-WALL HANDSTAND WARM-UP SETS	1-2	20 SEC
FREESTANDING ATTEMPTS	5-10 TOTAL	
BACK-TO-WALL BALANCE	5	10-20 SEC
CHEST-TO-WALL BALANCE	5	10-20 SEC
CHEST-TO-WALL HANDSTAND ENDURANCE SETS	2	30-60 SEC
FRONT PLANK	2	30 SEC
LOADED SHOULDER FLEXION STRETCH	2	30 SEC

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EXERCISE	SETS	REPS	NOTES
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SESSION 1

CHEST-TO-WALL HANDSTAND WARM-UP SETS	1-2	20 SEC
FREESTANDING ATTEMPTS	5-10 TOTAL	
BACK-TO-WALL BALANCE	5	10-20 SEC
CHEST-TO-WALL BALANCE	5	10-20 SEC
CHEST-TO-WALL HANDSTAND ENDURANCE SETS	2	30-60 SEC
PASSIVE SHOULDER FLEXION STRETCH	2	30-60 SEC

SESSION 2

CHEST-TO-WALL HANDSTAND WARM-UP SETS	1-2	20 SEC
BACK-TO-WALL BALANCE	5	10-20 SEC
CHEST-TO-WALL BALANCE	5	10-20 SEC
FREESTANDING ATTEMPTS	5 TOTAL	
FRONT PLANK	2	30 SEC
PASSIVE SHOULDER FLEXION STRETCH	2	30-60 SEC
FORWARD FOLD	2	30-60 SEC

SESSION 3

CHEST-TO-WALL HANDSTAND WARM-UP SETS	1-2	20 SEC
CHEST-TO-WALL BALANCE	5	10-20 SEC
BACK-TO-WALL BALANCE	5	10-20 SEC
BACK-TO-WALL KICK-UPS	5-10 TOTAL	
HOLLOW BODY HOLD	2	30 SEC
PASSIVE SHOULDER FLEXION STRETCH	2	30-60 SEC

SESSION 4

CHEST-TO-WALL HANDSTAND WARM-UP SETS	1-2	20 SEC
FREESTANDING ATTEMPTS	5-10 TOTAL	
BACK-TO-WALL BALANCE	5	10-20 SEC
CHEST-TO-WALL BALANCE	5	10-20 SEC
CHEST-TO-WALL HANDSTAND ENDURANCE SETS	2	30-60 SEC
FRONT PLANK	2	30 SEC
LOADED SHOULDER FLEXION STRETCH	2	30 SEC
