

# BEGINNER HANDSTAND CHALLENGE



#12MAHandstands

## Beginner Handstand Challenge Training Plan

Training frequency: Three to five times a week

**Week 1** - Hollow body holds + half handstand holds

**Week 2** - Chest to wall handstands

**Week 3** - Wall scissor exercise

**Week 4** - Bringing it all together + consistency

### Wrist Warm Up

Complete one to two rounds before each handstand training session:

- 10 reps: Palms down, fingers facing away
- 10 reps: Palms down, fingers facing toward
- 10 reps: Palms up, fingers facing toward
- 10 reps: Palms down, fingers sideways

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### Week 1: Hollow Body Holds + Half Handstand Holds

Complete three rounds:

- 30-60 second hollow body holds
- 30-60 second half handstand holds

### Week 2: Chest to Wall Handstands

Complete three or more rounds:

- 30-60 second hollow body holds
- 30-60 second chest to wall handstand

### Week 3: Wall Scissors

Complete three or more rounds:

- 30-60 second hollow body holds
- 30-60 second chest to wall handstand
- 30-60 seconds of wall scissors

### Week 4: Consistency

Complete three or more rounds\*\*:

- 30-60 second hollow body holds
- 30-60 second chest to wall handstand
- 30-60 seconds of wall scissors

*\*\*Do this sequence a minimum of five days a week during Week 4.*