

FOLLOW ALONG
HANDSTAND
ROUTINE

| MOVEMENT | REPS |
|---|----------------------|
| 1. Wrist Clock Walks | 2 reps per direction |
| 2. First Knuckle Push Ups | 10 reps |
| 3. Reverse Wrist Push Ups | 10 reps |
| 4. Wrist Rocks | 5 reps per direction |
| 5. Kneeling Press To Pike | 5 reps |
| 6. Front Bodyline Drill | 20 secs |
| 7. Prone Butchers Block | 30 secs |
| | Rest 30 sec |
| 8. Chest To Wall Handstand | 10-30 secs |
| | Rest 60 sec |
| 9. Chest To Wall Handstand (Light Feet) | 10-30 secs |
| | Rest 60 sec |
| 10. Chest To Wall Toe Pulls | 10-30 secs |
| | Rest 60 sec |
| 11. Back To Wall Finger Pulls | 10-30 secs |
| | Rest 60 sec |
| 12. Chest To Wall Toe Pulls | 10-30 secs |
| | Rest 60 sec |
| 13. Back To Wall Finger Pulls | 10-30 secs |
| | Rest 60 sec |
| 14. Tuck L-Sit / Support Hold | 15-20 secs |
| | Rest 60 sec |
| 15. Tuck L-Sit / Support Hold | 15-20 secs |