



BEGINNER

Handstand Program

Exercise	Sets	Reps	Equipment
• Hanging Shoulder Shrugs	3	5	Bar
• Lying Leg Raises	3	10-12	Mat
• Single Leg Lifts	3	10 each side	DB or Yoga Block
• Teddy Bear Press	3	10-12	x2 DB
• Shoulder Taps	3	20 each side	Mat

Notes

This program is designed to build the strength needed for a solid handstand foundation. Once you've mastered it, you can move on to an intermediate program.

Always warm up your wrists and shoulders before training.

If you need any assistance reach out :) @activewithash