

The LittleBeastM Handstand Course for Beginners Phase 1 - Day 1

Video:

Day 1:

1. Perform the full warm up from the PDF File.

2. The Workout.

Shoulder Opening Basic:

A1: Passive Hang 30-60 sec X 2. No rest perform A2.

A2: Shoulder Bench Opener 30 Sec X 2. No rest perform A3.

A3: Shoulder Extension 15-30 sec X 2. 30 sec rest perform A1.

Perform total 2 rounds.

Handbalancing:

A1: Frogstand floor. 15-30 Sec x 5 Sets. No rest perform A2.

A2: 30 sec Slow wrist rotations open/closed hands x 5 Sets. 45-60 sec rest perform A1.

Perform total 5 rounds.

B1: Handstand belly to wall 30 Sec x 5 sets. No rest perform B1.

B2: Shoulder Elevations 10-15 Reps x 5 sets. 45-60 sec rest perform B1.

Perform total 5 rounds.

C1: Pike Shoulder Walks 4-5 Times x 4 Sets. No rest perform C2.

C2: 20 Shoulder wall rotations 10 front/10 back 45-60 sec rest perform C1.

Perform total 4 rounds.

D1: Hollow Push up Rotations 45-60 sec x 3 sets. No rest perform D2.

D2: Hollow Body Laying Hold 30-60 sec x 3 sets. 45 Sec rest perform D1.

Perform total 3 rounds.

Cooldown:

A: Passive hang 30-60 sec x 1.

B: Band routine x 1.

C: Resistance Band Routine x 1.

D: Wrist Routine x 1.

Perform total 1 round.