

## **The LittleBeastM Handstand Course for Beginners Phase 1 - Day 2**

### **Video:**

### **Day 1:**

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

2. The Workout.

### **Shoulder/Lat Opening Basic:**

**A1:** Hanging Swings 30 reps X 2. No rest perform A2.

**A2:** Underhand Lat Stretch 30-60 Sec X 2. No rest perform A3.

**A3:** Ring Shoulder Flexion 5 reps x 5 sec X 2. 30 sec rest perform A1.

*Perform total 2 rounds.*

### **Handbalancing:**

**A1:** Frogstand reps 3-5 x 5-10 sec x 5 Sets. No rest perform A2.

**A2:** Arch body hold 30 sec x 5 Sets. 45-60 sec rest perform A1.

*Perform total 5 rounds.*

**B1:** Handstand back to wall one legged-kicks maxrep x 5 sec x 5 sets. No rest perform B2.

**B2:** Laying belly to floor line drill 10 reps x 5 sets . 45-60 sec rest perform B1.

*Perform total 5 rounds.*

**C1:** One arm protracted push up hold 15-45 sec x 4 sets. No rest perform C2.

**C2:** Wrist flexion/extension 30 reps x 4 sets 45-60 sec rest perform C1.

*Perform total 4 rounds.*

**D1:** Pike push ups feet elevated 4-6 reps x 3 sets. No rest perform D2.

**D2:** Dipbar walks max with good form **on** x 3 sets 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.*