

The LittleBeastM Handstand Course for Beginners Phase 1 - Day 3

Video:

Day 3:

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

2. The Workout.

Shoulder opening Basic:

A1: Hanging Ring Rotations 30 sec X 2. No rest perform A2.

A2: Shoulder Bench Opener 5 reps x 5 sec X 2. No rest perform A3.

A3: Band Shoulder Dislocations 10 reps X 2. 30 sec rest perform A1.

Perform total 2 rounds.

Handbalancing:

A1: Handstand back to wall one legged-kicks maxrep x 5 sec x 5 Sets. No rest perform A2.

A2: Wrist extensions 10 reps x 5 Sets. 45-60 sec rest perform A1.

Perform total 5 rounds.

B1: Handstand belly to wall 30-60 sec x 5 sets. No rest perform B2.

B2: Scapula push ups 10 reps x 5 sets . 45-60 sec rest perform B1.

Perform total 5 rounds.

C1: Planche lean to pike press 5=8 reps x 4 sets. No rest perform C2.

C2: Shoulder wall rotations 10 reps both sides x 4 sets 45-60 sec rest perform C1.

Perform total 4 rounds.

D1: Front support on rings 15-30 sec x 3 sets. No rest perform D2.

D2: Hanging leg-raises 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.