

THE SCHEDULE FOR THE HANDSTAND COURSE PHASE 1

Several options are available. The most important thing is to have consistency for a long period of time in order to make progress, so choose your schedule wisely. The more sessions per week the better. Performing the handstand course as a 2nd session a day is very possible, most of my clients perform handbalancing sessions along with strength training on the same day. At first it will be hard to get used to, but it will become a habit and you will adapt to it.

Option 1:

Day1, Day 2, Day 3, rest. Repeat.

Option 2:

Day 1, day 2, rest. Day 3, Day 1, Rest. Day 2,Day 3, Rest. Repeat.

Option 3:

Day 1, rest. Day 2, Rest, Day 3, Rest. Day 1, Rest, Day 2, Rest, Day 3, rest. Repeat.

Option 4:

Day 1, Day 2, rest. Day 3, rest, Repeat.

In the handstand course phase 1, we are working on developing the full aspect of achieving the handstand, this includes balancing, conditioning certain areas, preparing the joints, creating flexibility and mobility, and preparing the body for the future in the journey of achieving more advanced movements for the handstand. I Like to program this way so we are more prepared and more-ready for the future, so enjoy the process, and have patience.

The first phase should be at least performed for 4-6 Weeks, Depending on the individual's progress, But after 6 Weeks of doing the program consistently without any breaks, its for sure you can move onto Phase 2.

If there are anymore questions, leave a comment below on the website and i will answer them ASAP.

Thank you, and all the best.

LBM.