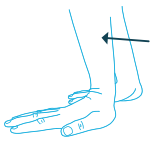
HOW TO DO A HANDSTAND

WRIST, HAND & ARM STRETCHES

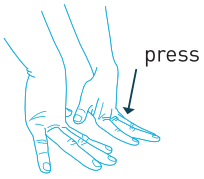
The following stretches are a greaty way to make sure your wrists, hands and arms are strong, flexible and ready to handle the pressure of handstand work.



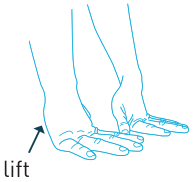
PALMS DOWN WRIST STRETCH



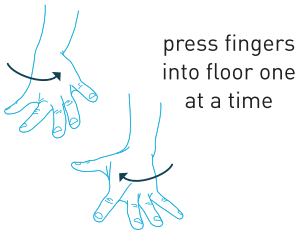
PALMS UP WRIST STRETCH



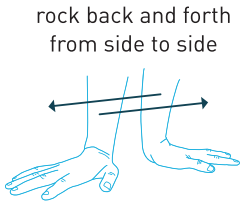
FINGER PULSES



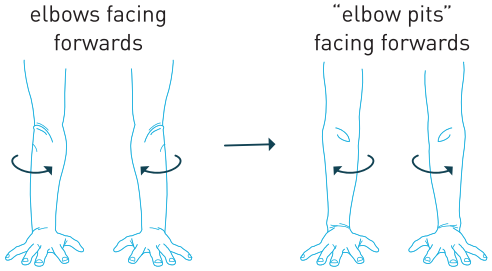
PALM PULSES



SIDE-TO-SIDE PALM ROTATIONS



SIDE-TO-SIDE WRIST STRETCH



ELBOW ROTATIONS



SHOULDER STRETCH

Kick up into a handstand against the wall. Bend at the hips and open up the chest, pressing shoulders forward away from the wall.



SCAPULAR MOBILITY

1. Maintain a neutral lower spine and round your upper back.

2. Still maintain a neutral lower spine and let your upper back drop down, forcing your scapulae together.



SHOULDER STRENGTH

1. With your back against a wall, press your hands into the floor, elevating your scapulae, squeezing shoulders together.

2. Let your shoulders relax and drop. Notice how your overall body length shrinks. Alternate between positions #1 and #2.

3. Stand on resistance band (or tubing) and push your hands up overhead as much as possible, attempting to squeeze your shoulders to your head.

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BODY POSITIONING

Body position is everything when it comes to the handstand. If you understand where every part of your body should be in the handstand, it will be much easier to make sure your center of gravity is directly over your hands – which is the key to staying upright with less effort.



LOWER BODY

Squeeze your legs together, squeeze your buns, point your toes and reach your feet towards the sky

SHOULDERS

Elevate your shoulders, hugging your ears

HEAD POSITION

Keep head neutral, eyes focused on hands

ELBOWS

Rotate your arms so the inside of your elbows are facing forward - your shoulder blades will naturally want to come together

HANDS

Hands should be shoulder width apart, with fingers splayed wide for balance

HOLLOW BODY POSITION

For increased strength and control, practice the hollow body position on the floor. Make sure your lower back is pressed firmly into the floor. Start with arms at your sides, and when you are ready, move your arms over head.



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HOW TO BAIL OUT OF A HANDSTAND

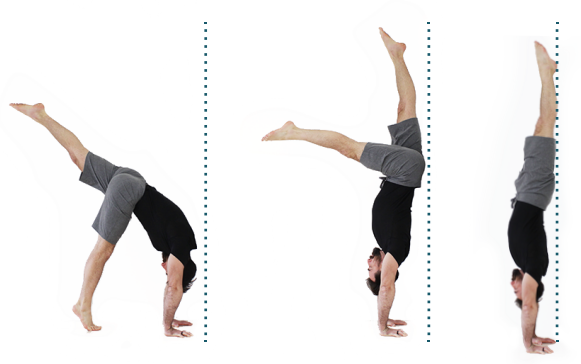
It is very important that you know how to bail out before attempting a freestanding handstand. We recommend using the cartwheel to bail.



PROGRESSIONS FOR FREESTANDING HANDSTAND



1 WALL WALK-UP



2 KICK UP TO WALL



3 FLOAT FROM WALL



4 FREESTANDING KICK UP

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ADVANCED HANDSTAND VARIATIONS



TUCK SPLIT PUSH UP STRADDLE ONE ARM

HANDSTAND BENEFITS

- Opens up the shoulders
- Strengthens the legs, butt, shoulders, and wrists
- Encourages a stronger, tighter core
- Protects the back
- Increases spatial awareness
- Teaches patience
- Makes a cool party trick!

HOT TIPS

- Always warm up wrists & shoulders first
- Start with the basics
- Practice bailing out
- Squeeze your lower half
- Don't forget to breathe
- Be patient!

HOW MUCH SHOULD I PRACTICE?

The more often you practice, the better your handstand will become, even if it means just dedicating ten minutes per day. Take your time and don't rush to meet arbitrary standards.

VISIT HTTPS://GMB.IO/HANDSTAND/ FOR VIDEOS AND MORE FREE RESOURCES

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