

*From a wall handstand to freestanding handstand push-ups and 90 degree push-ups
by littlebeastm*

- Key points to remember when performing handstands and handstand push ups.

1. When performing handstands and handstand push ups, your scapula must be elevated on top
2. When performing a handstand a straight body line must be activated
3. Arching the back when going down in handstand push ups is ok and natural, just go back in a straight line on top.
4. when you about to fall over in a handstand try to push your finger tips into the ground and tension the legs so you dont fall over.
5. when performing this program, keep in mind that form is most important in order to master, please watch the videos closely on how to perform them correctly.
6. do not give up, the handstand can be very frustrating but key is to keep going.
7. always do your preperation, warm-up and allignment work before attempting the actual training.
8. never max out on reps, perform reps with good form, dont go for numbers.

Program set up:

Option 1 - Beginners:

Day 1: Training (handstand program)
Day 2: Training (your training, 15 month program)
Day 3: Rest
Day 4: Training (handstand program)
Day 5: Training (your training, 15 month program)
Day 6: Rest
Repeat

Option 2 - Beginners:

Day 1: Training (handstand program)
Day 2: Rest
Day 3: Training
Day 4: Rest
Day 5: Training
Day 6: Rest

Option 3 - Advanced

Day 1: Training (handstand program)
Day 2: Training (your training, 15 month program)
Day 3: Training (handstand program)
Day 4: Training (your training, 15 month program)
Day 5: Training (handstand program)
Day 6: Training (your training, 15 month program)
Day 7: Rest

Training:

Phase 1 : 0-2 months. wall-handstand

Preperation, warm-up and allignment work before each day, this is a must never forget it :

A: Band Routine

Video: <http://www.youtube.com/watch?v=DtKC8V4q73c>

Reps: 10 reps each exersice

Sets: 2

Rest: 90-120 seconds

B: Wrist preperation

Video: <http://www.youtube.com/watch?v=7gfLCVNWFrM>

Reps:

Sets: 2

Rest: 90-120 seconds

C: Scapula routine

Video: http://www.youtube.com/watch?v=B41KOGS_9C0&feature=youtu.be

Reps:

Sets: 2

Rest: 90-120 seconds

D: lowerback routine

Video: <http://www.youtube.com/watch?v=luyGJrSpolc>

Reps: total 50

sets: 2

Rest: 90-120 seconds

E: Shoulder opener

Video: http://www.youtube.com/watch?v=nIM_D9s5ySQ

Time: 20-30 sec

Sets : 3

Rest: 90-120 seconds

Day 1:

A: Wall Handstand with **back** facing the wall

Video: <https://www.youtube.com/watch?v=GRXVYANXhyM>

Time: 15-30 seconds

Sets: 3-4

Rest: 90-120 seconds

B: Wall Handstand with **belly** facing the wall

Video: <https://www.youtube.com/watch?v=GRXVYANXhyM>

Time: 15-30 seconds

Sets: 3-4

Rest: 90-120 seconds

C: Wall handstand kicks with **back** facing the wall

Video: <http://youtu.be/Tz4EoxO1Uuw>

Reps: 3 to 5 reps of 5-10 seconds
Sets: 3-4
Rest: 90-120 seconds

D: Handstand push ups with **back** facing the wall
Video: <http://www.youtube.com/watch?v=QIIgD-ebqms>
Reps: 3-8
Sets: 4-5
Rest: 90-120 seconds

E: Elevated shoulder push-ups
Video: <http://www.youtube.com/watch?v=YNlj42OOicY>
Reps: 5-10
Sets: 3
Rest: 90-120 seconds

Day 2:

A: Wall Handstand with **back** facing the wall
Video: <https://www.youtube.com/watch?v=GRXVYANXhyM>
Time: 15-30 seconds
Sets: 3-4
Rest: 90-120 seconds

B: Wall Handstand with **belly** facing the wall
Video: <https://www.youtube.com/watch?v=GRXVYANXhyM>
Time: 15-30 seconds
Sets: 3-4
Rest: 90-120 seconds

C: Wall handstand kicks with **belly** facing the wall
Video: <http://youtu.be/Tz4EoxO1Uuw>
Reps: 3 to 5 reps of 5-10 seconds
Sets: 3-4
Rest: 90-120 seconds

D: Handstand push ups with **belly** facing the wall
Video: <http://www.youtube.com/watch?v=BSoa9-f44s0>
Reps: 3-8
Sets: 4-5
Rest: 90-120 seconds

E: wall walks (keep arms straight)
Video: https://www.youtube.com/watch?v=5sWzibvD_bg
Reps: 3-5 times up and down
Sets: 3
Rest: 90-120 seconds

Day 3:

A: Wall Handstand with **back** facing the wall
Video: <https://www.youtube.com/watch?v=GRXVYANXhyM>

Time: 15-30 seconds
Sets: 3-4
Rest: 90-120 seconds

B: Wall Handstand with **belly** facing the wall

Video: <https://www.youtube.com/watch?v=GRXVYANXhyM>

Time: 15-30 seconds
Sets: 3-4
Rest: 90-120 seconds

C: Wall handstand kicks with **back** facing the wall

Video: <http://youtu.be/Tz4EoxO1Uuw>

Reps: 3 to 5 reps of 5-10 seconds
Sets: 3-4
Rest: 90-120 seconds

D: Handstand push ups with **back** facing the wall on **handles**

Video: http://youtu.be/iz9j_S6FddA

Reps: 3-8
Sets: 4-5
Rest: 90-120 seconds

E: Elevated shoulder push-ups

Video: <https://www.youtube.com/watch?v=2708ueskNj8>

Reps: 5-10
Sets: 3
Rest: 90-120 seconds

Start with **Day 1**, Remember only do this routine 3 days per week.

Phase 2 : 2-4 months. Freestanding handstand

Preperation, warm-up and allignment work before each day, this is a must never forget it :

A: Band Routine

Video: <http://www.youtube.com/watch?v=DtKC8V4q73c>

Reps: 10 reps each exersice
Sets: 2
Rest: 90-120 seconds

B: Wrist preperation

Video: <http://www.youtube.com/watch?v=7gfLCVNWFrM>

Reps:
Sets: 2
Rest: 90-120 seconds

C: Scapula routine

Video: http://www.youtube.com/watch?v=B41KOGS_9C0&feature=youtu.be

Reps:

Sets: 2
Rest: 90-120 seconds

D: lowerback routine

Video: <http://www.youtube.com/watch?v=luyGJrSpo1c>

Reps: total 50

sets: 2

Rest: 90-120 seconds

E: Shoulder opener

Video: http://www.youtube.com/watch?v=nlM_D9s5ySQ

Time: 20-30 sec

Sets : 3

Rest: 90-120 seconds

Day 1:

A: Wall handstand kicks with **back** facing the wall

Video: <http://youtu.be/Tz4EoxO1Uuw>

Reps: 3 to 5 reps of 10 seconds

Sets: 3

Rest: 90-120 seconds

B: Wall Handstand shoulder taps with **belly** facing the wall

Video: <http://www.youtube.com/watch?v=OptafbOgERE>

Time: 30 seconds

Sets: 3

Rest: 90-120 seconds

C: Freestanding HS

Video: <http://www.youtube.com/watch?v=U9UiyWIHoX4>

Time: 15-45 seconds

Sets: 4-5

Rest: 90-120 seconds

D: Handstand push ups with **belly** facing the wall

Video: <http://www.youtube.com/watch?v=BSoa9-f44s0>

Reps: 5-8

Sets: 3-4

Rest: 90-120 seconds

E: Frogstand to HS

Video: <http://youtu.be/ApxRrBLo3d8>

Reps: 3-6

Sets: 3

Rest: 90-120 seconds

Day 2:

A: Wall handstand kicks with **belly** facing the wall

Video: <http://youtu.be/Tz4EoxO1Uuw>

Reps: 3 to 5 reps of 10 seconds

Sets: 3

Rest: 90-120 seconds

B: Freestanding HS kick ups

Video: <http://www.youtube.com/watch?v=WEIEMM0NnEs>

Reps: 3 reps of 5-10 seconds

Sets: 3-5

Rest: 90-120 seconds

C: Freestanding HS

Video: <http://www.youtube.com/watch?v=U9UiyWIHoX4>

Time: 15-45 seconds

Sets: 4-5

Rest: 90-120 seconds

D: Handstand push ups with **belly** facing the wall

Video: <http://www.youtube.com/watch?v=BSoa9-f44s0>

Reps: 5-8

Sets: 3-4

Rest: 90-120 seconds

E: L-sit to Bend arm stand

Video: <https://www.youtube.com/watch?v=penxZaeHvQ4>

Reps: 3-5

Sets: 3

Rest: 90-120 seconds

Day 3:

A: Freestanding HS kick ups

Video: <http://www.youtube.com/watch?v=WEIEMM0NnEs>

Reps: 3 reps of 5-10 seconds

Sets: 3-5

Rest: 90-120 seconds

B: Freestanding HS

Video: <http://www.youtube.com/watch?v=U9UiyWIHoX4>

Time: 15-45 seconds

Sets: 4-5

Rest: 90-120 seconds

C: Freestanding HS on **handles**

Video: <https://www.youtube.com/watch?v=lvEXJvOmXJI>

Time: 15-30 seconds

Sets: 4-5

Rest: 90-120 seconds

D: Handstand push ups with **belly** facing the wall

Video: <http://www.youtube.com/watch?v=BSoa9-f44s0>

Reps: 5-8

Sets: 3-4

Rest: 90-120 seconds

E: wall walks (keep arms straight)

Video: https://www.youtube.com/watch?v=5sWzibvD_bg

Reps: 3-5 times up and down

Sets: 3

Rest: 90-120 seconds

Start with **Day 1**, Remember only do this routine 3 days per week.

Phase 3 : 4-6 months. Freestanding handstand push-ups

Preperation, warm-up and allignment work before each day, this is a must never forget it :

A: Band Routine

Video: <http://www.youtube.com/watch?v=DtKC8V4q73c>

Reps: 10 reps each exersice

Sets: 2

Rest: 90-120 seconds

B: Wrist preperation

Video: <http://www.youtube.com/watch?v=7gfLCVNWFrM>

Reps:

Sets: 2

Rest: 90-120 seconds

C: Scapula routine

Video: http://www.youtube.com/watch?v=B41KOGS_9C0&feature=youtu.be

Reps:
Sets: 2
Rest: 90-120 seconds

D: lowerback routine

Video: <http://www.youtube.com/watch?v=luyGJrSpolc>

Reps: total 50

sets: 2

Rest: 90-120 seconds

E: Shoulder opener

Video: http://www.youtube.com/watch?v=nlM_D9s5ySQ

Time: 20-30 sec

Sets : 3

Rest: 90-120 seconds

Day 1:

A: Freestanding HS

Video: <http://www.youtube.com/watch?v=U9UiyWIHoX4>

Time: 45-60 seconds

Sets: 4-5

Rest: 90-120 seconds

B: Freestanding HSPU attempt on **ground**

Video: https://www.youtube.com/watch?v=_Xcrr4OBm9I

Reps: 3-6

Sets: 4-5

Rest: 90-120 seconds

C: Handstand push-ups with **belly** facing the wall with **3 sec holds**

Video: <http://www.youtube.com/watch?v=BSoa9-f44s0>

Reps: 3-6 with 3 sec holds.

Sets: 3

Rest: 90-120 seconds

D: Freestanding HS on **handles**

Video: <https://www.youtube.com/watch?v=lvEXJvOmXJI>

Times: 30-45 seconds

Sets: 3-4

Rest: 90-120 seconds

E: L-sit to bend arm stand but now you hold the bend arm for time

Video: <https://www.youtube.com/watch?v=penxZaeHvQ4>

Time: 15-30 sec

Sets: 3

Rest: 90-120 seconds

Day 2:

A: Freestanding HS

Video: <http://www.youtube.com/watch?v=U9UiyWIHoX4>

Time: 45-60 seconds
Sets: 4-5
Rest: 90-120 seconds

B: Freestanding HSPU attempt on **handles**

Video: <https://www.youtube.com/watch?v=dss9FZMQJ3g>

Reps: 3-6

Sets: 4-5

Rest: 90-120 seconds

C: Bend arm press to hs

Video: <http://www.youtube.com/watch?v=bva7MY2jXT4>

Reps: 3-6 with

Sets: 3-4

Rest: 90-120 seconds

D: Freestanding HS on **handles**

Video: <https://www.youtube.com/watch?v=lvEXJvOmXJI>

Times: 30-45 seconds

Sets: 3-4

Rest: 90-120 seconds

E: wall walks (keep arms straight)

Video: https://www.youtube.com/watch?v=5sWzibvD_bg

Reps: 3-5 times up and down

Sets: 3

Rest: 90-120 seconds

Day 3:

A: Freestanding HS

Video: <http://www.youtube.com/watch?v=U9UiyWIHoX4>

Time: 45-60 seconds

Sets: 4-5

Rest: 90-120 seconds

B: Freestanding HSPU attempt on **ground**

Video: https://www.youtube.com/watch?v=_Xcrr4OBm9I

Reps: 3-6

Sets: 4-5

Rest: 90-120 seconds

C: Handstand push-ups with **belly** facing the wall with **3 sec holds**

Video: <http://www.youtube.com/watch?v=BSoa9-f44s0>

Reps: 3-6 with 3 sec holds.

Sets: 3

Rest: 90-120 seconds

D: Freestanding HS on **handles**

Video: <https://www.youtube.com/watch?v=lvEXJvOmXJI>

Times: 30-45 seconds

Sets: 3-4

Rest: 90-120 seconds

E: L-sit to bend arm stand but now you hold the bend arm for time

Video: <https://www.youtube.com/watch?v=penxZaeHvQ4>

Time: 15-30 sec

Sets: 3

Rest: 90-120 seconds

Start with **Day 1**, Remember only do this routine 3 days per week.

Phase 4 : 6-8 months. Freestanding handstand push-ups and beyond

A: Band Routine

Video: <http://www.youtube.com/watch?v=DtKC8V4q73c>

Reps: 10 reps each exercise

Sets: 2

Rest: 90-120 seconds

B: Wrist preparation

Video: <http://www.youtube.com/watch?v=7gfLCVNWFrM>

Reps:

Sets: 2

Rest: 90-120 seconds

C: Scapula routine

Video: http://www.youtube.com/watch?v=B41KOGS_9C0&feature=youtu.be

Reps:

Sets: 2

Rest: 90-120 seconds

D: lowerback routine

Video: <http://www.youtube.com/watch?v=luyGJrSpolc>

Reps: total 50

sets: 2

Rest: **90-120 seconds**

E: Shoulder opener

Video: http://www.youtube.com/watch?v=nIM_D9s5ySQ

Time: 20-30 sec

Sets : 3

Rest: 90-120 seconds

Day 1:

A: Freestanding HS

Video: <http://www.youtube.com/watch?v=U9UiYWIHoX4>

Time: 45-60 seconds

Sets: 4-5

Rest: 90-120 seconds

B: Freestanding HSPU on **ground**

Video: https://www.youtube.com/watch?v=_Xcrr4OBm9I

Reps: 3-6

Sets: 3

Rest: 90-120 seconds

C: Freestanding HSPU on handles

Video: <https://www.youtube.com/watch?v=dss9FZMQJ3g>

Reps: 3-6

Sets: 3

Rest: 90-120 seconds

D: 90 degree push-up negatives on **handles**

Video: <http://youtu.be/6SntjCpx8I>

Reps: 2-5

Sets: 3

Rest: 90-120 seconds

E: HSPU negative on **handles** as slow as possible

Video: <http://youtu.be/tW-7LGle4rc>

Reps: 10-15 sec x 3 reps

Sets: 3

Rest: 90-120 seconds

Day 2:

A: Freestanding HS

Video: <http://www.youtube.com/watch?v=U9UiyWIHoX4>

Time: 45-60 seconds

Sets: 4-5

Rest: 90-120 seconds

B: Freestanding HSPU on **handles**

Video: <https://www.youtube.com/watch?v=dss9FZMQJ3g>

Reps: 3-6

Sets: 3-4

Rest: 90-120 seconds

C: Straddle press with wall

Video: <http://youtu.be/YX8TCFCTUC8>

Reps: 3-6

Sets: 3

Rest: 90-120 seconds

D: Freestanding HS on **handles**

Video: <http://www.youtube.com/watch?v=lvEXJvOmXJI>

Times: 30-45 seconds

Sets: 3-4

Rest: 90-120 seconds

E: bend arm planche hold on **handles**

Video: <http://youtu.be/EanqTfwbYrc>

Reps: 3 reps of 5-10 seconds

Sets: 3-4
Rest: 90-120 seconds

Day 3:

A: Freestanding HS

Video: <http://www.youtube.com/watch?v=U9UiyWIHoX4>

Time: 45-60 seconds

Sets: 4-5

Rest: 90-120 seconds

B: Freestanding HSPU on **ground**

Video: https://www.youtube.com/watch?v=_Xcrr4OBm9I

Reps: 3-6

Sets: 3

Rest: 90-120 seconds

C: Handstand push-ups on **handles** with 3 sec hold on top and down.

Video: <http://www.youtube.com/watch?v=BSoa9-f44s0>

Reps: 3-6 with 3 sec holds.

Sets: 3

Rest: 90-120 seconds

D: Freestanding HS on **handles**

Video: <http://www.youtube.com/watch?v=lvEXJvOmXJI>

Times: 30-45 seconds

Sets: 3-4

Rest: 90-120 seconds

E: HSPU negative on **handles** as slow as possible

Video: <http://youtu.be/tW-7LGle4rc>

Reps: 10-15 sec x 3 reps

Sets: 3

Rest: 90-120 seconds

Start with **Day 1**, Remember only do this routine 3 days per week.

Phase 4 : 8-10 months. Freestanding handstand push-ups and beyond

Preperation, warm-up and allignment work before each day, this is a must never forget it :

A: Band Routine

Video: <http://www.youtube.com/watch?v=DtKC8V4q73c>

Reps: 10 reps each exercise

Sets: 2

Rest: 90-120 seconds

B: Wrist preparation

Video: <http://www.youtube.com/watch?v=7gfLCVNWFrM>

Reps:

Sets: 2

Rest: 90-120 seconds

C: Scapula routine

Video: http://www.youtube.com/watch?v=B41KOGS_9C0&feature=youtu.be

Reps:

Sets: 2

Rest: 90-120 seconds

D: lowerback routine

Video: <http://www.youtube.com/watch?v=luyGJrSpolc>

Reps: total 50

sets: 2

Rest: 90-120 seconds

E: Shoulder opener

Video: http://www.youtube.com/watch?v=nlM_D9s5ySQ

Time: 20-30 sec

Sets : 3

Rest: 90-120 seconds

Day 1:

A: Freestanding HS

Video: <http://www.youtube.com/watch?v=U9UiyWIHoX4>

Time: 45-60 seconds

Sets: 4-5

Rest: 90-120 seconds

B: Freestanding HSPU on **ground**

Video: https://www.youtube.com/watch?v=_Xcrr4OBm9I

Reps: 3-6

Sets: 2

Rest: 90-120 seconds

C: Freestanding HSPU on handles

Video: <https://www.youtube.com/watch?v=m8Pzn0xJYpE>

Reps: 3-6

Sets: 3

Rest: 90-120 seconds

D: 90 degree push-ups on handles

Video: <http://www.youtube.com/watch?v=0veI3DOJydA>

Reps: 2-5

Sets: 3-4

Rest: 90-120 seconds

E: HS press with the wall

Video: <https://www.youtube.com/watch?v=kX3vaVWySbo>

Reps: 3-6

Sets: 3-4

Rest: 90-120 seconds

Day 2:

A: Freestanding HS on **handles**

Video: <https://www.youtube.com/watch?v=lvEXJvOmXJI>

Time: 45-60 seconds

Sets: 4-5

Rest: 90-120 seconds

B: Freestanding HSPU on **handles**

Video: <https://www.youtube.com/watch?v=dss9FZMQJ3g>

Reps: 3-6

Sets: 3-4

Rest: 90-120 seconds

C: 90 degree push ups on **handles**

Video: <http://www.youtube.com/watch?v=0veI3DOJydA>

Reps: 3-6

Sets: 3

Rest: 90-120 seconds

D: Freestanding HS on **handles**

Video: <https://www.youtube.com/watch?v=lvEXJvOmXJI>

Times: 45-60 seconds

Sets: 3-4

Rest: 90-120 seconds

E: **max HSPU on ground**

Video: https://www.youtube.com/watch?v=_Xcrr4OBm9I

Reps: MAX

Sets: 2

Rest: 90-120 seconds

Day 3:

A: Freestanding HS

Video: <http://www.youtube.com/watch?v=U9UiyWIHoX4>

Time: 45-60 seconds

Sets: 4-5

Rest: 90-120 seconds

B: 90 degree push ups on **handles**

Video: <http://www.youtube.com/watch?v=0veI3DOJydA>

Reps: 2-5

Sets: 3

Rest: 90-120 seconds

C: Handstand push-ups on **handles** with 3 sec hold on top and down.

Video: <https://www.youtube.com/watch?v=m8Pzn0xJYpE> end
Reps: 3-6 with 3 sec holds.
Sets: 3
Rest: 90-120 seconds

D: Freestanding HS on **handles**
Video: <https://www.youtube.com/watch?v=lvEXJvOmXJI>
Times: 30-45 seconds
Sets: 3-4
Rest: 90-120 seconds

E: HSPU negative on **handles** as slow as possible
Video: <http://youtu.be/tW-7LGle4rc>
Reps: 10-15 sec x 3 reps
Sets: 3
Rest: 90-120 seconds

Thank you for buying this program, with dedication the freestanding handstand push-up and 90 degree push up is yours, easy.

LittleBeastM.