

Written by: Jen Smith			
Jen owns and operates Niche CrossFit in Perth Australia and is a lead coach on the CrossFit Gymnastics Seminar Staff. Jen was a competitive gymnast and competed in the 1996 Olympics. She works with competitive and non competitive CrossFitters and Gymnasts.			
You can direct any questions specific to this program to: jen@nichecrossfit.com.au			
HANDSTAND DEVELOPMENT PROGRAM			
	STRENGTH	VOLUME	SKILL
Week 1	Day 1	Day 2	Day 3
	Alternating Tabata Hollow / Arch Holds (8 x 20:10)	Feet on box: hold push-up support 10 secs then walk hands in & hold box hstd 10 secs	1. Balance drill - 5 - 10 mins practice
	Side raises: 5 x 30 each side	* Repeat above sequence 5 times before coming off box. Perform 3 sets.	Stomach to wall (hands no more than 10cms away).
	Weighted Pass Throughs / Dislocates 3 x 90secs (SLOW & ribs locked down!!)	** Stack hips over shoulders & shoulders over hands when walk hands in.	Take one foot off wall & tap away with other foot, trying to find balance point
	Scapula Push-ups (retract/protract) 5 x 20		2. Handstand kick-up practice (20 attempts)
	Inchworm to extended plank hold (10 x 10 sec hold)	40m floor sliders	Kick up with hands as close to wall as possible. Count # successful reps out of 20
	Wrist roll-ups (require rod/PVC, rope/cord & small plate) 3 x 8		*Good rep = vertical, controlled position with no part of body touching wall
Week 2	Day 1	Day 2	Day 3
	Hollow hold 5 x 30:30 secs	3 rounds:	1. Balance drill - 5 - 10 mins practice
	Arch hold 5 x 30:30 secs	60 sec hollow hold	Back to wall (hands no more than 10cms from wall)
	Straight arm plate raises (SLOW & maintain strong hollow) 3 x 10	60 sec arch hold	a) Take one foot off wall & tap away with other foot, trying to find balance point
	Wrist pops (floor or wall) 3 x 10	60 sec rest	b) Peel both heels from wall at same time
	Wall walks 2 SLOW ascent/descent w 10 sec hold at top EMOM 5	Accumulate 5 mins in stomach to wall handstand	2. Handstand kick-up practice (20 attempts) AS ABOVE
Week 3	Day 1	Day 2	Day 3
	10 hollow rocks + 10 arch rocks 5 x 3 (keep feet/hands off floor in transition)	20 mins (quality movements... avoid fast, shitty reps/positioning)	1. Balance drills
	Weighted pass throughs / Dislocates 3 x 120 secs (SLOW & ribs locked down!!)	5 inchworm (each rep: 5 push-ups, 10 scapula push-ups, 10 sec extended plank hold)	a) 5 x 30 secs spotted freestanding balance practice
	Push up support one arm holds 5 x 10 secs / hand (shoulder stacked over hand)	10 SLOW hip extension	b) Reverse planche - back to wall, hands approx 0.5m away. Planche shoulders back
	V-Outs (rings) 3 x 5 SLOW!!! Move feet fwd to deload.	90 sec handstand hold - back to wall	over hands & use core, shoulders & fingers to pull body to vertical. Hold & rest on wall
	Handstand shrugs (stomach to wall) 3 x 10	* rest as required during session	2. Handstand kick-up practice (20 attempts off wall)
Week 4	Day 1	Day 2	Day 3
	(Hollow hold 10 sec + rocks x 10 + V-sits x 10 + arch hold 10 sec + arch rocks x 10) x 3	5 sec hollow hold + snap to V-sit 3 x 10	1. Balance Practice
	Straight arm plate raises (SLOW & maintain strong hollow) 3 x 6 - 8 (heavier weight)	50m floor sliders	a) 5 mins to accumulate as much time as possible balancing off wall
	Turkish Get-ups 5 x 3 / arm	3 x max effort wall handstand hold - back to wall	b) 5 mins balance practice on parallelles (use spotter or set up near wall)
	10 Push-ups + Wall walk + 10 shrugs 5 x 1 with 60 secs rest between		2. Play time 5 - 10 mins
			If confident with kick-up, try with your opposite leg or play around with cartwheels