



## 4-Week Handstand Walk Skill Plan

**Frequency:** 1–2x/week (Fridays at 5:30pm Open Gym is perfect!)

**Goal:** Improve shoulder strength, stability, confidence, and HS walk proficiency

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### WEEK 1: Invert with Control

#### Warm-Up (10 mins)

- Wrist Rolls & Rocks x 10 reps
- Scap Push-Ups x 15
- Box Pike Hold x 3 x 20–30s
- Wall Shoulder Opener x 30s x 2

#### Strength Drill

- *Wall Walks* – 4 x controlled reps
- *DB Seated Strict Press* – 3 x 8–10 @ moderate weight

#### Skill Focus

- Wall-Facing Handstand Hold – 3 x 30–45s
- Kick-Ups to Wall – 5 controlled reps (land softly, stay stacked)

👉 Watch this for technique tips: <https://www.youtube.com/watch?v=XBl4Er1qT-4>

#### Progression Block

- Shoulder Taps (Wall or Box) – 3 x 10 each side
  - 5 mins of Kick-Up Practice with Rest (aim for consistent stacking)
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### WEEK 2: Build Stability & Learn to Bail

#### Warm-Up (10 mins)

- Wrist Circles + Wrist Stretch
- Box Pike Shoulder Taps – 3 x 10
- Wall Arm Circles x 10
- Lat Wall Slides x 10



### Strength Drill

- Wall Walk + 2s Pause at Top – 4 x 3 reps
- Pike Push-Ups or DB Z-Press – 3 x 10

### Skill Focus

- Freestanding Kick-Ups (3-point bail out) – 3 x 5 attempts
- *Learn to Bail Safely!*  
👉 Watch this: <https://www.facebook.com/watch/?v=464827087266007>
- Wall Shoulder Taps – 3 x 12–16

### Progression Block

- Plate Walkovers (2 plates spaced 30cm) – 3 x 5m
  - Line Walks (walk along a line, maintaining hand balance) – 3 sets
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## WEEK 3: Start Walking

### Warm-Up (10 mins)

- Wrist Pulse Stretch + Wall Shoulder Stretch
- Box Pike Hold – 3 x 30s
- Band Y's and T's – 3 x 10 each

### Strength Drill

- Wall-Facing Shoulder Taps – 3 x 8 each side
- Handstand Hold (Kick-Up or Wall) – 3 x 30–45s

### Skill Focus

- Freestanding Kick-Up to 2–3 Steps – 3 x 5 attempts
- Spot-Assisted Handstand Walks – 3 sets of 3–5m

👉 Watch this spotting demo during your practice:  
<https://www.facebook.com/watch/?v=630077311149023>

### Progression Block

- 1m HS Walk Attempts – rest between (make progressive, if 1m is easy go to 2m, etc.)
- HS Walk to Line or Wall Bumper Target



## WEEK 4: Test & Refine

### Warm-Up (10 mins)

- Foam Roll Lats & T-Spine
- Wrist Warm-Up + Crossover Symmetry if available
- Box Pike Shoulder Tap + Reach – 3 x 5 each arm

### Strength Drill

- Max Wall Hold Test – 1–2 sets to fatigue
- DB Overhead Hold March (hold one DB overhead and walk 10m) – 3 x each arm

### Skill Focus

- 1m Freestanding Walk Attempts – 3 sets

### Progression Block

- HS Walk for Max Distance (Test) – 2 attempts
- If not ready: Pick one weak point to repeat (taps, holds, kick-ups)



### Important Notes

If you're feeling **any pain** while working through the drills or progressions, **scale back immediately**. Not sure how to scale? Please speak to one of the coaches or drop me a message directly.

Also, if you have **any questions** about the program—whether it's which level you should be on, how often to train, or how to improve faster—I'm here to help. Reach out anytime!

Let's keep building upside down, safely and consistently.