

STRICT HANDSTAND PUSH-UP PROGRAMM

- ▶ 3 Einheiten pro Woche
- ▶ 20 Trainingstage insgesamt
- ▶ Test an Tag 1 und Tag 20
- ▶ Warm-Up bleibt gleich

WOCHE 1

TAG 1:

- ▶ **WARM-UP:**
10 PVC Pass Throughs
10 Inch Worms
5 Push-Ups
- ▶ **TEST:**
A single set of strict handstand push-ups for max reps
- ▶ **SKILL A:**
Seated dumbbell shoulder press
3x 6-8 reps
- ▶ **SKILL B:**
Handstand hold
1x 60 secs

TAG 2:

- ▶ **WARM-UP:**
10 PVC Pass Throughs
10 Inch Worms
5 Push-Ups
- ▶ **SKILL A:**
Push-ups 3x 10-12
- ▶ **SKILL B:**
Handstand kick-ups
10x 1 reps
- ▶ **SKILL C:**
Box handstand push-ups negative 8x 1 (5 secs down)

TAG 3:

- ▶ **WARM-UP:**
10 PVC Pass Throughs
10 Inch Worms
5 Push-Ups
- ▶ **SKILL A:**
Piked handstand push-ups
3x 10-12 reps
- ▶ **SKILL B:**
Box walk-outs
4x 5 reps

WOCHE 2

TAG 4:

- ▶ SKILL A:
Handstand hold
1x 60 secs
- ▶ SKILL B:
Dumbbell shoulder
press 3x 6-8 reps

TAG 5:

- ▶ SKILL A:
Every 2 mins for
10 mins
2 wall walks
- ▶ SKILL B:
Piked handstand
push-ups
3x 10 reps

TAG 6:

- ▶ SKILL A:
Hollow hold
3x 30 secs (rest 30 secs
between sets)
- ▶ SKILL B:
Plank shoulder taps
3x 16 reps

WOCHE 3

TAG 7:

- ▶ SKILL A:
Box handstand
push-ups 5x 4 reps
- ▶ SKILL B:
Box weight shifts
3x 12 reps

TAG 8:

- ▶ SKILL A:
Handstand hold
3x 30 secs (rest 1 min
between sets)
- ▶ SKILL B:
Seated dumbbell
shoulder press
3x 8-10 reps

TAG 9:

- ▶ SKILL A:
Barbell shoulder press
3x 10-12 reps
- ▶ SKILL B:
Handstand hold
1x 60 secs

WOCHE 4

TAG 10:

- ▶ SKILL A:
Push-ups
3x 10-12 reps
- ▶ SKILL B:
Handstand kick-ups
10x 1 reps
- ▶ SKILL C:
Box handstand
push-ups negative
10x 1 (5 secs down)

TAG 11:

- ▶ SKILL A:
Piked handstand
push-ups
3x 10 -12 reps
- ▶ SKILL B:
Box walk outs
5x 5 reps

TAG 12:

- ▶ SKILL A:
Handstand hold
1x 60 secs
- ▶ SKILL B:
Dumbbell shoulder
press
3x 8-10 reps
(3 secs negative)

WOCHE 5

TAG 13:

- ▶ SKILL A:
Every 2 mins for
10 mins
2 wall walks
- ▶ SKILL B:
Piked handstand
push-ups
4x 6-8 reps

TAG 14:

- ▶ SKILL A:
Hollow hold
3x 30 secs (rest 30 secs
between sets)
- ▶ SKILL B:
Plank Shoulder Taps
3x 20 reps

TAG 15:

- ▶ SKILL A:
Box handstand
push-ups negative
5x 5 reps
- ▶ SKILL B:
Box weight shifts
3x 12 reps

WOCHE 6

TAG 16:

- ▶ SKILL A:
Handstand hold
3x 30 secs (rest 1 min
between sets)
- ▶ SKILL B:
Seated dumbbell
shoulder press
4x 8-10 reps

TAG 17:

- ▶ SKILL A:
Barbell shoulder press
4x 10-12 reps
- ▶ SKILL B:
Handstand hold
1x 60 secs

TAG 18:

- ▶ SKILL A:
Push-ups
3x 15 reps
- ▶ SKILL B:
Handstand kick-ups
10x 1 reps
- ▶ SKILL C:
Box handstand
push-ups negative
10x 1 (5 secs down)

WOCHE 7

TAG 19:

- ▶ SKILL A:
Piked handstand
push-ups
3x 10 -12 reps
- ▶ SKILL B:
Box walk outs
6x 5 reps

TAG 20:

- ▶ RETEST DAY:
A single set of strict
handstand push-ups for
max reps