

## COURSE

# 6 WEEKS TO HANDSTAND

# KYLEWEIGER

6 Weeks To Handstand is the #1 online Handstand Course, and it's your step-by-step roadmap to developing a strong and sustainable Handstands practice from the comfort of your own home or at the gym!

## WORKOUT SCHEDULE

### PHASE 1 FLIRTING

**DAY 1**  
WORKOUT

**DAY 2**  
MOBILITY

**DAY 3**  
WORKOUT

**DAY 4**  
YOGA

**DAY 5**  
WORKOUT

**DAY 6**  
MOBILITY

**DAY 7**  
REST DAY

### PHASE 2 DATING

**DAY 1**  
WORKOUT

**DAY 2**  
MOBILITY

**DAY 3**  
WORKOUT

**DAY 4**  
YOGA

**DAY 5**  
WORKOUT

**DAY 6**  
MOBILITY

**DAY 7**  
REST DAY

### PHASE 3 GETTING SERIOUS

**DAY 1**  
WORKOUT

**DAY 2**  
YOGA

**DAY 3**  
WORKOUT

**DAY 4**  
WORKOUT

**DAY 5**  
MOBILITY

**DAY 6**  
WORKOUT

**DAY 7**  
REST DAY

### PHASE 4 HEALTHY SPACE

**DAY 1**  
WORKOUT

**DAY 2**  
YOGA

**DAY 3**  
REST DAY

**DAY 4**  
MOBILITY

**DAY 5**  
YOGA

**DAY 6**  
WORKOUT

**DAY 7**  
REST DAY

### PHASE 5 REIGNITING THE ROMANCE

**DAY 1**  
WORKOUT

**DAY 2**  
MOBILITY

**DAY 3**  
WORKOUT

**DAY 4**  
WORKOUT

**DAY 5**  
YOGA

**DAY 6**  
WORKOUT

**DAY 7**  
REST DAY

### PHASE 6 IN LOVE

**DAY 1**  
WORKOUT

**DAY 2**  
WORKOUT

**DAY 3**  
MOBILITY

**DAY 4**  
YOGA

**DAY 5**  
WORKOUT

**DAY 6**  
REST DAY

**DAY 7**  
TEST OUT DAY

.FIND YOUR BALANCE.

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