KYLEWEIGER

FREE GUIDE

60-MINUTE HANDSTAND WORKOUT

EVERY MINUTE HAS A PURPOSE. STRUCTURE = RESULTS.

01 WRIST PREP & MOBILITY

10 MIN

COLD BODY = BAD TRAINING. THIS PART IS NOT OPTIONAL.

Wrist circles, wrist rocks, shoulder rolls, thoracic opener, seated straddle, hollow body holds. Move slow and feel every position. Your joints need time to wake up before load. Skipping this section is the fastest way to get injured and stall your progress.

02 WALL ENTRIES + TIMED HOLDS

15 MIN

BUILD YOUR MOVEMENT PATTERN BEFORE YOU BUILD STRENGTH.

3 sets of 5 kick-ups using scissor, tuck, and straddle entries. Follow each set with a 20-30 second timed hold at the wall. Focus on stacking your joints and actively pushing the floor away. This section trains your nervous system to recognize what a real handstand feels like.

03 SKILL DRILLS AT THE WALL

15 MIN

THIS IS WHERE REAL TECHNIQUE IMPROVEMENTS HAPPEN.

Pick 3-4 drills only. Hollow body wall holds, shoulder shrugs, scissor switches, and entry consistency drills are all great options. Rest fully between sets so every rep is high quality. Tired reps don't build skill, they build bad habits. Less is more here.

04 FREESTANDING ATTEMPTS

15-20 MIN

GET OFF THE WALL. THIS IS THE WHOLE POINT.

Kick up, find your balance, fall, and reset. Take your time between attempts and bring your full focus to each kick. You are not grinding reps here. You are building a skill. One clean, committed attempt beats ten sloppy ones every single time.