

Hand Balancing for the Bodyweight Athlete

CHAPTERS AND SECTIONS

CHAPTER 1: WARM-UP

Section 1: Wrist Mobility

- Wrist Roll
- Descending Wrist Roll
- Wrist Wave
- Lateral Wrist Stretch
- Reverse Prayer Stretch
- Sagittal Shaka Shake
- Transverse Shaka Shake



Section 2: Activations

- Static Crab Elevation/Depression
- Static Beast Protraction/Retraction
- Push-Up Position Protraction/Retraction

CHAPTER 2: GYMNASTICS STYLE

Section 1: Intro to Hand Balancing

Section 2: Conditioning

Floor Pike Push-Up
90-Degree Pike Elevation/Depression
90-Degree Pike Push-Up

Section 3: Wall-Assisted Conditioning

Wall-Assisted Handstand
Floor Hollow Drill
Wall Walk-Up
Cartwheel to Wall
Wall-Assisted Elevation/Depression
Wall-Assisted Handstand Push-Up
Semi-Assisted Wall Handstand

Section 4: Safe Practice

Spotting
Targeted Spotting
Somersault Roll-Out
Twist-Out

Section 5: Handstands

Hand Placement
Kicking Up
Press-Up Conditioning
Tuck Press-Up
Straddle Press-Up
Pike Press-Up

Section 6: Advanced Handstand Conditioning

Lateral Shoulder Shift Drill
Lateral Legs Shift Drill
Conditioning Circles

Section 7: Advanced Handstands

Spotted Handstand Push-Up
Handstand Push-Up
Finger Tip Progression
Into to the Single-Arm Handstand



CHAPTER 3: BREAKDANCING

Section 1: Low Level Freezes

- Turtle Freeze Set-Up
- Alternating Leg Lift to Turtle Freeze
- Turtle Freeze
- Turtle Freeze w/ Alternating Stab Arm
- Alternating Turtle Freeze Transition
- Single-Arm Turtle Freeze
- Baby Freeze
- Alternating Baby Freeze Transition
- Advanced Baby Freeze
- Reverse Baby Freeze
- Turtle to Reverse Baby Freeze
- Alternating Turtle to Reverse Baby Freeze
- Chair Freeze
- Reverse Baby to Chair Freeze
- Low-Level Freeze Combinations



Section 2: Mid Level Freezes

- Headstand
- Forearm Head Freeze
- Airbaby
- Reverse Airbaby
- Airbaby to Reverse Airbaby Transition
- Mid-Level Freeze Combinations

Section 3: High Level Freezes

- Fish Tail
- Pike KickBboy Freeze Combinations

CHAPTER 4: PARALLETTES

Section 1: Bent-Elbow Balances

Static Frog Stand
Single Leg Hip Extension
Levitating Frog
Jump to Static Frog
Static Frog with Hip Extension
Scorpion Planche Negative
Static Frog with Rotation
Bent Elbow 45-Degree Handstand
45-Degree HS w/Alternating Leg Lowers
45-Degree HS w/ Rotation



Section 2: Straight-Arm Balances

Static to Advanced Frog
Bent Knee L-Sit
Advanced Tuck Planche Lift
Tuck Planche Lift to Advanced Tuck L-Sit
Tuck-Up to Handstand
Tuck Planche Push-Up
Handstand Push-Up
End-to-End Parallette Handstand

CHAPTER 5: PARALLEL BARS

Section 1: Truck Conditioning

Bent-Knee Leg Raise
Straight Leg Raise
Static L-Sit

Section 2: Swings

Basket Swing
Basket Swing to Hip Pike
Basket Swing Dips
Basket Swing to Straddle Planche
Swing to Straddle-Up
Straight Body Swing
Straight Body Swing to Handstand



Section 3: Press-Ups

Bent Elbow Pike-Up
L-sit to Pike Press-Up
Frog Stall to Press-Up

Section 4: Trunk Moves

Side Flexion Elbow Lever
Rotating Elbow Lever
Single Arm Elbow Lever

Section 5: Variations and Flair
