

Day	Beginner	Intermediate	Advanced
Warm Up	<a href="#">Warm Up Sequence</a>	Warm Up 6 x 30 sec <a href="#">Belly to the Wall w Stretching</a>	Warm Up 6 x 1 min <a href="#">Belly to the Wall w Stretching</a>
Day 1	1 x 3 <a href="#">Supine Tuck Ups</a> 1 x 3 <a href="#">Kneeling to Pike Prep</a>	Day 1 1 x 5 <a href="#">Supine Tuck Ups</a> 1 x 5 <a href="#">Tuck Ups</a>	Day 1 1 x 5 <a href="#">Supine Tuck Ups</a> 1 x 5 <a href="#">Tuck Ups</a>
Day 2	1 x 3 <a href="#">Supine Tuck Ups</a> 1 x 3 <a href="#">Tuck Ups</a>	Day 2 1 x 5 <a href="#">Kneeling to Pike Prep</a> 1 x 5 <a href="#">Tuck Ups</a>	Day 2 2 x 6 <a href="#">Kneeling to Pike Prep</a> 1 x 6 <a href="#">Tuck Ups</a>
Day 3	2 x 3 <a href="#">Supine Tuck Ups</a> 2 x 3 <a href="#">Kneeling to Pike Prep</a>	Day 3 2 x 5 <a href="#">Supine Tuck Ups</a> 2 x 5 <a href="#">Tuck Ups</a>	Day 3 3 x 7 <a href="#">Supine Tuck Ups</a> 1 x 7 <a href="#">Tuck Ups</a>
Day 4	2 x 3 <a href="#">Supine Tuck Ups</a> 2 x 3 <a href="#">Tuck Ups</a>	Day 4 2 x 5 <a href="#">Kneeling to Pike Jump</a> 2 x 5 <a href="#">Tuck Ups</a>	Day 4 4 x 8 <a href="#">Kneeling to Pike Jump</a> 1 x 8 <a href="#">Tuck Ups</a>
Day 5	3 x 3 <a href="#">Supine Tuck Ups</a> 3 x 3 <a href="#">Kneeling to Pike Prep</a>	Day 5 3 x 5 <a href="#">Supine Tuck Ups</a> 3 x 5 <a href="#">Tuck Ups</a>	Day 5 5 x 9 <a href="#">Supine Tuck Ups</a> 1 x 9 <a href="#">Tuck Ups</a>
Day 6	3 x 3 <a href="#">Supine Tuck Ups</a> 3 x 3 <a href="#">Tuck Ups</a>	Day 6 3 x 5 <a href="#">Kneeling to Tuck Up</a> 3 x 5 <a href="#">Tuck Ups</a>	Day 6 5 x 10 <a href="#">Kneeling to Tuck Up</a> 1 x 10 <a href="#">Tuck Ups</a>
Day 7	4 x 3 <a href="#">Supine Tuck Ups</a> 4 x 3 <a href="#">Kneeling to Pike Jump</a>	Day 7 4 x 5 <a href="#">Kneeling to Tuck Up</a> 4 x 5 <a href="#">Tuck Ups</a>	Day 7 5 x 10 <a href="#">Kneeling to Tuck Up</a> 2 x 10 <a href="#">Tuck Ups</a>
Day 8	4 x 3 <a href="#">Supine Tuck Ups</a> 4 x 3 <a href="#">Tuck Ups</a>	Day 8 4 x 5 <a href="#">Kneeling to Tuck Up</a> 4 x 5 <a href="#">Tuck Ups</a>	Day 8 5 x 10 <a href="#">Kneeling to Tuck Up</a> 3 x 10 <a href="#">Tuck Ups</a>
Day 9	5 x 3 <a href="#">Supine Tuck Ups</a> 5 x 3 <a href="#">Kneeling to Pike Jump</a>	Day 9 5 x 5 <a href="#">Kneeling to Tuck Up</a> 5 x 5 <a href="#">Tuck Ups</a>	Day 9 5 x 10 <a href="#">Kneeling to Tuck Up</a> 4 x 10 <a href="#">Tuck Ups</a>
Day 10	5 x 3 <a href="#">Supine Tuck Ups</a> 5 x 3 <a href="#">Tuck Ups</a>	Day 10 5 x 5 <a href="#">Kneeling to Tuck Up</a> 5 x 5 <a href="#">Tuck Ups</a>	Day 10 5 x 10 <a href="#">Kneeling to Tuck Up</a> 5 x 10 <a href="#">Tuck Ups</a>
Day 11	6 x 3 <a href="#">Supine Tuck Ups</a> 6 x 3 <a href="#">Kneeling to Pike Jump</a>	Day 11 6 x 5 <a href="#">Kneeling to Tuck Up</a> 6 x 5 <a href="#">Tuck Ups</a>	Day 11 5 x 10 <a href="#">Kneeling to Tuck Up</a> 6 x 10 <a href="#">Tuck Ups</a>
Day 12	6 x 3 <a href="#">Supine Tuck Ups</a> 6 x 3 <a href="#">Tuck Ups</a>	Day 12 6 x 5 <a href="#">Kneeling to Tuck Up</a> 6 x 5 <a href="#">Tuck Ups</a>	Day 12 5 x 10 <a href="#">Kneeling to Tuck Up</a> 7 x 10 <a href="#">Tuck Ups</a>
Daily Finish	3 x 15 sec <a href="#">Belly to the Wall</a> 2 min <a href="#">Meditation</a>	Plus 3 x 3 <a href="#">Wall Scissors</a> 5 min <a href="#">Meditation</a>	Plus 3 x 1+ min <a href="#">Freestanding HS</a> 10 min <a href="#">Meditation</a>

## ADDITIONAL NOTES

Developed by @Poveredbyyoga

**This Month's Focus** We are focusing on improving our tuck up into a handstand. Moving in one fluid motion from the beginning to the end.

**Full Leg Extension** During all these drills focus on finding a LOW PIKE pose with full extended legs before tucking in. They action of extending the legs is what will bring your hips up. Tuck in after the hips are as high as possible

**Kneeling to Tuck Up** This drill - in all its variations - is about learning to push with the legs to lift the hips up. Think about it as one fluid motion that we are temporarily separating into individual parts. As you add a new part, make sure it is fluid. We are looking for the legs to extend in one fluid motion into the low pike position and then all the way up to your handstands. There is not a real 'jump' but a seamless push from kneeling all the way to the top.

**Modify Your Practice** Modify the length of the training or the drills as much as you need. Refer to our Handstand Training Library for more options.  
<https://yogaslackers.com/explore/handstands>

**Too Tired?** Feel free to take a rest day or step down a level for a day or two. We removed rest days, as you can rest in between training days and extend the training from 12 days to an entire month if you would like.

**Stretch + Warm Up** Add wrist, shoulder, neck, arm range of motion and hamstring stretches to your practice. It is a good idea to spend around 5 to 15 minutes warming up your neck, wrists and shoulders before your first handstand. Add stretches in between sets and finish with a nice long stretch. Your future body will thank you!

## Share Your Practice

**Having a good time?** Please let us know. It will keep us motivated to continue posting monthly challenge. If you can't load images or videos each day, do not worry. Do come by and say 'I'm practicing with you! We will appreciate it!

**Support our Program** [Please support the 12 Days of Handstands Training Program by joining our \\$5 per month subscription.](#) Your contribution will support the creation of videos, training programs and online support.