



YogaSlackers

12 Days of Handstands

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October 2022: Entrances

Beginner			Intermediate			Advanced		
Warm Up	Warm Up Sequence		Warm Up	6 x 30 sec	Belly to the Wall w/ Stretching	Warm Up	6 x 1 min	Belly to the Wall w/ Stretching
Day 1	3 x 3	Supine Tuck Ups	Day 1	3 x 5	Tuck Ups w/ Blocks	Day 1	3 x 5	Tuck Ups w/ Blocks
	3 x 15 sec	Belly to the Ground		3 x 1 sec	Tuck Hold on Wall		3 x 5 sec	Tuck Hold on Wall
	3 x 5 sec	Dolphin on the Wall		2 min	Cumulative Handstand Hold		4 min	Cumulative Handstand Hold
Day 2	3 x 3	Supine Straddle Ups	Day 2	3 x 5	Straddle Ups w/ Blocks	Day 2	3 x 5	Straddle Ups w/ Blocks
	3 x 15 sec	Belly to the Ground		3 x 1 sec	1st Position Hold on Wall		3 x 5 sec	1st Position Hold on Wall
	3 x 5 sec	Dolphin on the Wall		2 min	Cumulative Handstand Hold		4 min	Cumulative Handstand Hold
Day 3	3 x 3	Supine Pike Ups	Day 3	3 x 5	Pike Ups w/Blocks	Day 3	3 x 5	Pike Ups w/Blocks
	3 x 30 sec	Belly to the Ground		5	Pike Press Down on Wall		5	Pike Press Down on Wall
	3 x 5 sec	Dolphin on the Wall		2 min	Cumulative Handstand Hold		4 min	Cumulative Handstand Hold
Day 4	3 x 5	Supine Tuck Ups	Day 4	3 x 5	Down Dog to Handstand	Day 4	3 x 5	Down Dog to Handstand
	3 x 45 sec	Belly to the Ground		3 x 3 sec	Tuck Hold on Wall		3 x 5 sec	Tuck Hold on Wall
	3 x 5 sec	L-Handstand on Wall		3 min	Cumulative Handstand Hold		5 min	Cumulative Handstand Hold
Day 5	3 x 3	Supine Straddle Ups	Day 5	3 x 5	Kick Switch to Handstand (both sides!)	Day 5	3 x 5	Kick Switch to Handstand (both sides!)
	3 x 45 sec	Belly to the Ground		3 x 3 sec	1st Position Hold on Wall		3 x 5 sec	1st Position Hold on Wall
	3 x 5 sec	L-Handstand on Wall		3 min	Cumulative Handstand Hold		5 min	Cumulative Handstand Hold
Day 6	3 x 3	Supine Pike Ups	Day 6	3 x 5	Plank to Pike Press	Day 6	3 x 5	Press Up of Your Choice
	3 x 1 min	Belly to the Ground		5	Pike Press Down on Wall		5	Pike Press Down on Wall
	3 x 5 sec	L-Handstand on Wall		3 min	Cumulative Handstand Hold		5 min	Cumulative Handstand Hold
Day 7	3 x 3	Supine Tuck Ups	Day 7	5 x 5	Tuck Ups w/ Blocks	Day 7	5 x 5	Tuck Ups w/ Blocks
	3 x 1 min	Belly to the Ground		5 x 10 sec	Tuck Hold on Wall		5 x 10 sec	Tuck Hold on Wall
	3 x 10 sec	Dolphin on the Wall		4 min	Cumulative Handstand Hold		6 min	Cumulative Handstand Hold
Day 8	3 x 3	Supine Straddle Ups	Day 8	5 x 5	Straddle Ups w/ Blocks	Day 8	5 x 5	Straddle Ups w/ Blocks
	3 x 1 min	Belly to the Ground		5 x 10 sec	1st Position Hold on Wall		5 x 10 sec	1st Position Hold on Wall
	3 x 10 sec	L-Handstand on Wall		4 min	Cumulative Handstand Hold		6 min	Cumulative Handstand Hold
Day 9	3 x 3	Supine Pike Ups	Day 9	5 x 5	Pike Ups w/Blocks	Day 9	5 x 5	Pike Ups w/Blocks
	3 x 1 min	Belly to the Ground		x 10	Pike Press Down on Wall		x 10	Pike Press Down on Wall
	3 x 15 sec	Dolphin on the Wall		4 min	Cumulative Handstand Hold		6 min	Cumulative Handstand Hold
Day 10	3 x 5	Supine Tuck Ups	Day 10	5 x 5	Down Dog to Handstand	Day 10	5 x 5	Down Dog to Handstand
	3 x 1 min	Belly to the Ground		5 x 15 sec	Tuck Hold on Wall		5 x 15 sec	Tuck Hold on Wall
	3 x 15 sec	L-Handstand on Wall		5 min	Cumulative Handstand Hold		7 min	Cumulative Handstand Hold
Day 11	3 x 3	Supine Straddle Ups	Day 11	5 x 5	Kick Switch to Handstand (both sides!)	Day 11	5 x 5	Kick Switch to Handstand (both sides!)
	3 x 1 min	Belly to the Ground		5 x 15 sec	1st Position Hold on Wall		5 x 15 sec	1st Position Hold on Wall
	3 x 20 sec	L-Handstand on Wall		5 min	Cumulative Handstand Hold		7 min	Cumulative Handstand Hold
Day 12	3 x 3	Supine Pike Ups	Day 12	3 x 5	Plan to Pike Press	Day 12	5 x 5	Press Up of Your Choice
	3 x 1 min	Belly to the Ground		x 10	Pike Press Down on Wall		x 10	Pike Press Down on Wall
	3 x 20 sec	L-Handstand on Wall		5 min	Cumulative Handstand Hold		7 min	Cumulative Handstand Hold
Daily Finish	3 x 6	Wall Scissor	Plus	5 min	Meditation	Plus	5 min	Meditation
	5 min	Meditation						

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IN PERSON TRAININGS

12 Days of Handstands Retreat
Koh Lanta, Thailand
Nov 30 to Dec 12, 2022

Waterline Adventure in Thailand
Dec 22 to Dec 30, 2022

Ireland Cycling Adventure
Apr 22 to Dec 28, 2023

CONTACT US

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