

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

ADDITIONAL NOTES

Developed by @PoweredByYoga

Original Challenge Do not use a spotter or a wall to help you stay up or to balance your handstand. If you need this help, please start on the Beginner Level. During the original challenge - which you can do any month - you will start a timer as soon as your feet leave the ground and will stop it as soon your feet return. On your next handstand, you will continue the timer, until you accumulate the desired amount of time for that day.

Increase your challenge by alternating between straight handstands, and other shapes. You can also practice leg or head isolations while doing your long holds. Focus on staying up, no matter what.

Beginner Focus This level will help you gain the strength you need to balance a handstand on the middle of the room. The floor and wall drills listed will help you feel the muscles required to enter, stabilize and balance a handstand. Stay on this level until you can practice the Level 3 Wall Tightness Drill without falling.

Focus on correct forearm alignment. Most of your handstand drills will call for block against your forearms. Use it. It will help you move the balance towards the first knuckles of your hand.

Int / Adv Focus Focuses on entering your handstand in one fluid motion. Meaning avoiding at all cost catching your balance before hitting your straight line. This is why you will be practicing so many entrances. Forget about doing everything in your power to get up. If you do not make it, come down and try again. The goal is to enter your handstand in one fluid and effortless motion. If you are struggling or using a lot of energy, there's something that is blocking your handstand. Use the repetitions to figure out what is it.

Attempt to improve your form and smooth your pathway up with every repetition.

Compression Drills 1st position hold and Tuck holds on wall are about finding compression of our legs to our chest, while keeping the shoulders open. It may be useful to use a block against your forearms on these drills too. This way you can make sure that you are keeping the weight on the first knuckle at all times.

Pike Press Down on Wall We don't have a video for this drill yet. Imagine the 1st position hold drill, but coming down on a pike - less together. Use the wall to slow the process down. Focus on keeping the shoulders open and the ribs in.

Cumulative Minutes Explore different legs shapes during your freestanding minutes. Alternate between form and simply holding your handstand for as long as possible. Even days = form focus. Odd days = hold without focusing on form. Tofu feet are welcomed.

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!

Cool Down Reserve some time to roll out your muscles at the end of the practice. Your future Self will thank you. [Here are some ideas.](#)

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.