

LEVEL 1	LEVEL 2	LEVEL 3
<b>WARM UP Sequence</b> <a href="#">Yoga Warm Up</a> 1 x 15 sec <a href="#">Belly to the Ground</a> <b>DAY 1-3</b> 1 x up & down <a href="#">L-Handstand on Wall</a> 1 x 2 Kick Up on Headstand 2 x 3 <a href="#">Plank to Pike Walk</a> <b>DAY 4-6</b> 2 x 5 sec <a href="#">L-Handstand on Wall</a> 2 x 5 Kick Up on Headstand 3 x 15 sec <a href="#">Belly to the Ground</a> <b>DAY 7-9</b> 3 x up & down <a href="#">L-Handstand on Wall</a> 3 x 2 Kick Up on Headstand 3 x 3 <a href="#">Plank to Pike Walk</a> <b>DAY 10-12</b> 3 x 5 sec <a href="#">L-Handstand on Wall</a> 3 x 5 Kick Up on Headstand <b>PLUS</b> 1 x 3 <a href="#">Kick Switch to Handstand</a> 2 min Meditation	<b>WARM UP Sequence</b> 6 x <a href="#">Wall Tightness Drill &amp; Belly to the Ground</a> 1 x 3 <a href="#">Plank to Pike Walk</a> <b>DAY 1-3</b> 1 x 15 sec <a href="#">L-Handstand on Wall</a> 1 x 3 <a href="#">Kick Switches (each leg!)</a> 2 x 3 <a href="#">Plank to Pike Walk</a> <b>DAY 4-6</b> 2 x 15 sec <a href="#">L-Handstand on Wall</a> 2 x 5 <a href="#">Kick Switches (each leg!)</a> 3 x 3 <a href="#">Plank to Pike Walk</a> <b>DAY 7-9</b> 3 x 20 sec <a href="#">L-Handstand on Wall</a> 3 x 3 <a href="#">Kick Switches (each leg!)</a> 3 x 3 <a href="#">Plank to Pike Walk</a> <b>DAY 10-12</b> 3 x 30 sec <a href="#">L-Handstand on Wall</a> 3 x 5 <a href="#">Kick Switches (each leg!)</a> <b>PLUS</b> 3 min Freestanding Handstands 3 min Meditation	<b>WARM UP Sequence</b> 6 x <a href="#">Wall Tightness Drill &amp; Belly to the Ground</a> 1 x 5 <a href="#">Plank to Pike Walk</a> <b>DAY 1-3</b> 1 x 30 sec <a href="#">L-Handstand on Wall</a> 1 x 5 <a href="#">Kick Switches (each leg!)</a> 2 x 5 <a href="#">Plank to Pike Walk</a> <b>DAY 4-6</b> 2 x 30 sec <a href="#">L-Handstand on Wall</a> 2 x 5 <a href="#">Kick Switches (each leg!)</a> 3 x 5 <a href="#">Plank to Pike Walk</a> <b>DAY 7-9</b> 3 x 30 sec <a href="#">L-Handstand on Wall</a> 3 x 5 <a href="#">Kick Switches (each leg!)</a> 3 x 5 <a href="#">Plank to Pike Walk</a> <b>DAY 10-12</b> 3 x 60 sec <a href="#">L-Handstand on Wall</a> 3 x 5 <a href="#">Kick Switches (each leg!)</a> <b>PLUS</b> 3 x goal Freestanding Handstands 5 min Meditation


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