

AUG 2025
TUCK-UP



YogaSlackers
12 Days of Handstands

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LEVEL 1	LEVEL 2	LEVEL 3
WARM UP Sequence Yoga Warm Up 2 x 15 sec Belly to the Ground DAY 1-3 2 x 15 sec Plank w Blocks 2 x 5 sec Crow w Blocks DAY 4-6 3 x 15 sec Belly to the Ground 3 x 5 sec Wall Tightness Drill 3 x 5 sec Crow w Blocks DAY 7-9 4 x 15 sec Belly to the Ground 4 x 15 sec Plank w Blocks 4 x 5 sec Crow w Blocks DAY 10-12 5 x 15 sec Belly to the Ground 5 x 10 sec Wall Tightness Drill 5 x 2 Wall Scissors L1 PLUS 3 x 3 Headstand Tuck Ups 2 min Meditation	WARM UP Sequence 6 x Wall Tightness Drill & Belly to the Wall 2 x 3 Supine Tuck Ups DAY 1-3 2 x 3 Headstand Tuck Ups 2 x 3 sec Crow w Blocks DAY 4-6 3 x 3 Headstand Tuck Ups 3 x 3 Crow to Crane 3 x 3 Tuck Ups DAY 7-9 4 x 3 Supine Tuck Ups 4 x 3 Headstand Tuck Ups 4 x 3 sec Crow Lifts 5 x 3 Supine Tuck Ups DAY 10-12 5 x 3 Tuck Ups 3 x 1 Handstand to Crane to Crow PLUS 3 min Freestanding Handstands Meditation	WARM UP Sequence 6 x Wall Tightness Drill & Belly to the Wall 3 x 5 Supine Tuck Ups DAY 1-3 3 x 5 Headstand Tuck Ups 3 x 5 sec Crane w Blocks DAY 4-6 4 x 5 Headstand Tuck Ups 4 x 5 Crow to Crane 4 x 5 Tuck Ups DAY 7-9 5 x 5 Supine Tuck Ups 5 x 3 Tuck Up to Headstand Lower to Crow 5 x 1 Crow to Handstand DAY 10-12 5 x 5 Supine Tuck Ups 5 x 5 Tuck Ups 5 x 2 Handstand to Crane to Crow PLUS 6 x 30 sec Freestanding Tuck Hold 3 min Meditation

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