

HSPU Programme: Part 1

Pre-requisite: Can achieve full range of movement in overhead position, handstand hold for 10 seconds and show control in negative

Goal: To achieve 1 Strict HSPU to 4" Target

Warm Up: 3 x 60ft Bear Crawl, 5 Pass-throughs and 10 Press Behind the Neck (PVC)
Crossover Symmetry Activation routine
Any additional mobility that is necessary (banded stretches / rolling etc.)

Workouts:

Session A

- On the minute for 10 minutes: 1-3 Negatives to 4". Minimum 3 second descent.
- 3 x 8 [Powell Raise](#) @ 30X1 Tempo (3 sec descent, 1 sec pause at top)

Date:				
Negative HSPU				
Powell Raise				

Session B

- 5 x 6-8 [L-Seated Dumbbell Press](#) @ 22X0 Tempo (2 sec down, 2 sec pause at bottom, no pause at top)
- Front Leaning Rest: Accumulate 1 minute. Add 30 seconds a week. Record total time to accumulate.

Date:				
L-Seated DB Press (Kg & reps)				
FLR				

Session C

- 5 x 3-5 Handstand Push Ups with Knees on a Box @ 20X1 Tempo
- 2 x Max Handstand Hold, with 1 minute rest

Date:				
Box HSPU				
HS Hold 1				
HS Hold 2				