

# video

Do this at home every day any questions give us a message and send us pictures or clips of you doing it we would love to see!!

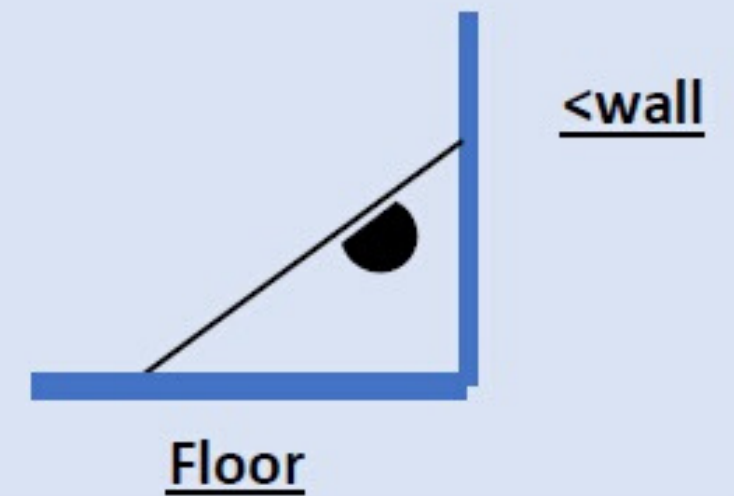
## Handstand Shape:

- Whole body tight (straight arms and legs)
- Squeezed ears, bottom and fingers gripped.
- Pointed toes
- Ribs in
- Hips forward
- Looking toward fingers through eyelashes.

## Handstand Work Stage 2

### Slanted Handstand

- Hands on the wall feet on the floor (on your toes).
- Keeping your complete tight handstand shape.
- Do these 2 times and hold for 20 seconds

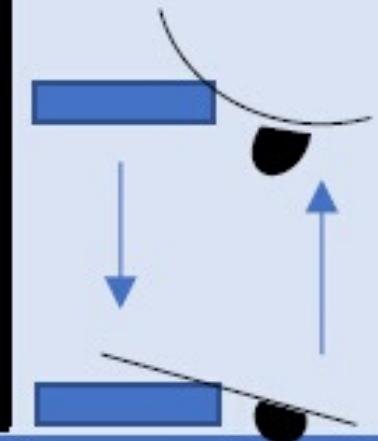


### Pike Handstand Hold

- Like how you do tuck handstand against the block (side of your bed or couch) toes on the edge keeping your scooped handstand shapes.
- Then Tap your shoulders and shrug the in between each tap.
- Do 10 shoulder taps and shrugs (5 taps for each hand) have a quick wrist stretch then repeat it once more.

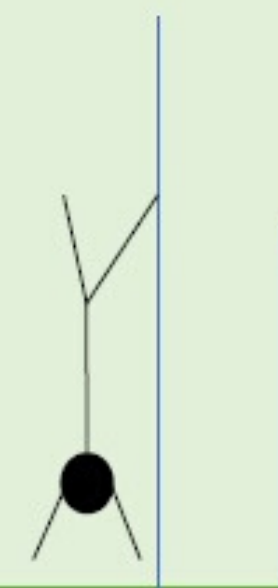
### Handstand shape hip snaps

- Lying on your stomach with your legs raised from just above your knee down to your toes. (up on something about the same height as the red blocks you mount from on beam.)
- Start in an arch and snap your body into the correct handstand shape then repeat.
- Do this 2 sets of 10 reps.



### Sideways small star handstand

- Against the wall keep your strong handstand shape but you should only have 1 toe on the wall so your legs are in a small straddle.
- Make sure you do it both sides hold for 30sec each side.



### Handstand tow taps against wall

- Handstand with stomach against wall make sure you are a hand size away from the wall then put your hands down.
- Keep your beautiful handstand shapes but only one toe on the wall at a time and switch. (10 taps each leg)

### Shoulder stretch

- Standing normally (well normally for a gymnast tight handstand shape but not upside down).
- Arms up stretched keep your arms straight tight handstand shape squeezed ears and try and get your arms to touch the wall. (hold 10sec do it 2 times)