

Functional
ASHTANGA

Range
Conditioning

For HANDSTAND!



From
M. JH

Big

Questions:
Spine, Shoulder,
Wrist. in Handstand
to get a line

Neutral
Spine
(most need more
Flexion to Find
Neutral) →



Flexion

Elevation

Wrist Flexion

Knee
Extension

toe
Flexion

← plantar flexion



Hip
Extension
Adduction
(Squeezing together)

Elbow
Extension

Forearm

Wrist
Extension

Ankle
eversion
inversion,
is even/
Neutral.

→
→ Intra

→ Capsule

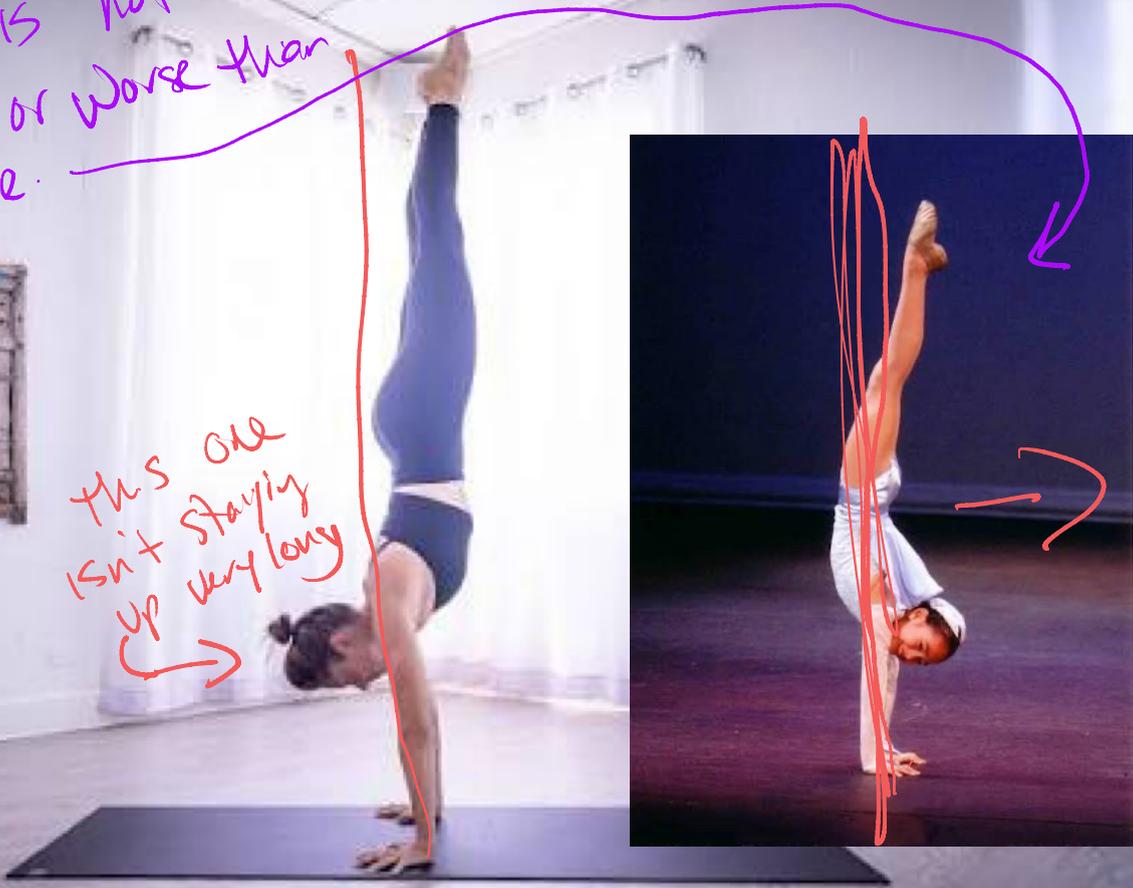
Ulnar &
Radial
Deviation

Balancing
Ab/Advent



This is not better or worse than above.

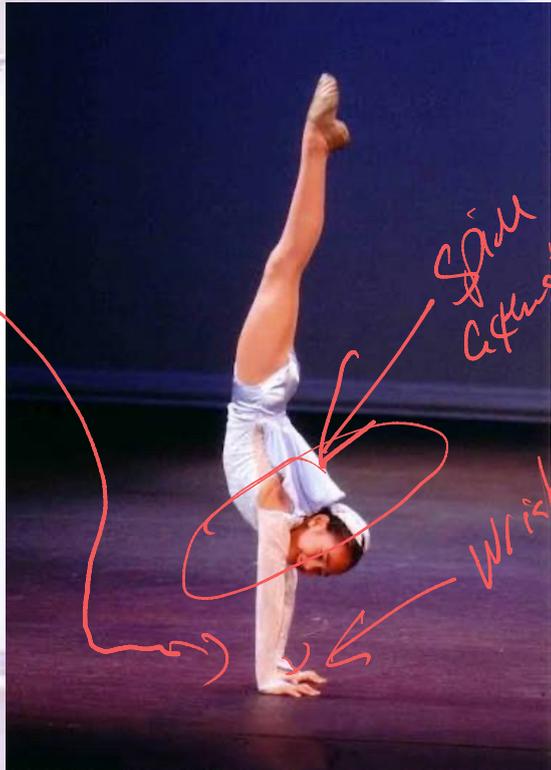
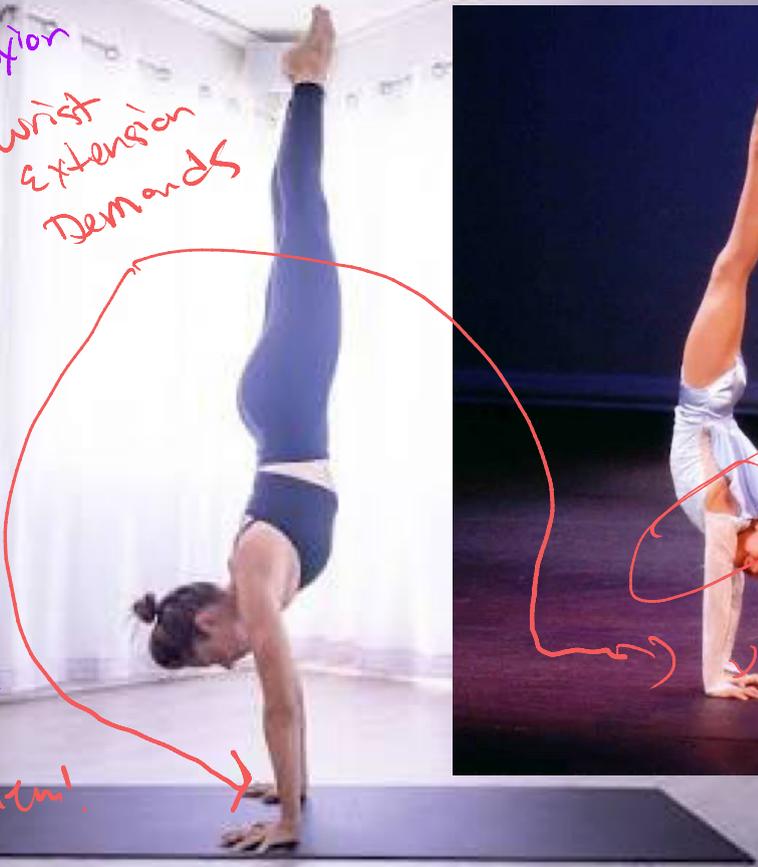
This one isn't staying up very long



Spine extension
vs
Shoulder Flexion

increased wrist
extension
Demands

IF you weight
balanced & you
joints are
conditioned,
then no problem!



Spine
Extension

Wrists

Part Two: Shoulder Cars - standing
Shoulder Cars - Quarter - Blocked w/ wall
Overhead Flexion-
Extension

Squat - Wrist Cars
(use blocks under the feet for straight elbows)
Radial & Ulnar Focus (quarter cars)
Wrist Flexion & Extension, Pairs & Pairs
- Wrist Extension & Flexion Lift offs
(via shoulder elevation)

Dead bug - Single leg - single arm
- Hip Extension & shoulder Flexion
(AKA Hollow body Hold)

Table top - Spine Segmentation
- Scapular - Protraction - Retraction
(AKA Scap push ups)

Plank - Scapular - Protraction - Retraction
(AKA Scap push ups)

Part 3
Partner Work: Shoulder Cars - Seated - Adduction - Abduction
(elbow Flexion - to -
extension & pronation-
supination)

Pairs & Pairs - ARM/shoulder ^{In front} ^{Place} Adduction/Abduction

Reverse Hollow Body

Prone Shoulder Hovers
Lift offs

Prone Quarter Cars
w/ blocks

Prone Push-up to Handstand
w/ Assistance.

Part 4
Dynamism: Tuck Mount Progressions

1- Pike Hop Hold with straight legs

2- Tuck Hold

3- Hip & knee extension

(HANDSTAND)