



# Handstand Push-up Program

This program is designed to get athletes from 0-5 reps and get them into the double digit range. Scaling is always encouraged and the difficulty of the program can easily be modified by the athlete or coach. This template is designed to be printed so you can keep track of your progress by writing notes, reps, measurements, times, weights, etc.. Good luck!

Week 1					Week 2				
Day	Movement	Rep Scheme	Remarks	Athlete Notes	Day	Movement	Rep Scheme	Remarks	Athlete Notes
Monday (Test Day)	Handstand Push-ups	1 max set	Scale this by elevating feet onto a box or in a manner that does not reduce the normal range of motion. If you cannot do 10 regular HSPU, scale such that you can.		Monday	Handstand Push-ups	20 reps	As few sets as possible. Replicate the same set-up as on test day.	
	Wall Walks	10 reps for time	Begin on the floor face down with your feet against a wall. Push up and climb your feet up the wall until your nose and toes are touching the wall. Walk back down under control.			Push Press	3 max sets at 65% bodyweight, rest 2-3 minutes	These are regular barbell push presses. Focus on a strong hip extension to mimic the requirement against the wall.	
Wednesday	HSPU Negatives	20 reps	Kick up into a handstand against the wall and lower yourself as slowly as possible, ending in a tripod position.		Wednesday	HSPU Negatives	25 reps	Kick up into a handstand against the wall and lower yourself as slowly as possible, ending in a tripod position.	
	Inverted Rows (Barbell or Ring)	3 max sets, rest as needed	Choose a difficulty that allows you to perform 10+ reps each round.			Strict Pull-ups	3 max sets, rest as needed	Scale with a band or assistance if needed to ensure you can get 10 or so reps each round.	
Friday	Push-Ups	30 Reps	Perform 30 reps in as few sets as possible. Scale such that you can perform at least 5 reps per set.		Friday	Push-Ups	40 Reps	Perform 40 reps in as few sets as possible. Scale such that you can perform at least 5 reps per set.	
	Strict Press	4 max sets at 50% bodyweight, rest 2-3 minutes	Standing Barbell strict press out of a rack. Looking for >10 reps on each set			Strict Dumbbell Press	4 max sets, rest 2-3 minutes	Use 25% of your best strict press in each hand (e.g. a 100 lbs Press = 25lb DBs in each hand). Looking for >10 reps/set.	
	Handstand Holds	3 sets of max duration, rest as needed between attempts	Maintain a strong hollow position and hold upside-down for as long as possible.			Single Arm Dumbbell Waiter Walks	1:00 x 3 per arm	Choose a DB weight that is challenging but allows you to walk with it overhead for 1:00.	
Week 3					Week 4				
Day	Movement	Rep Scheme	Remarks	Athlete Notes	Day	Movement	Rep Scheme	Remarks	Athlete Notes
Monday	Handstand Push-ups	30 reps	As few sets as possible. Either maintain or make these more challenging than last week (bigger sets, less scaling, etc.)		Monday	Handstand Push-ups	35 reps	As few sets as possible. Either maintain or make these more challenging than last week (bigger sets, less scaling, etc.)	
	Wall Walks	15 reps for time	Begin on the floor face down with your feet against a wall. Push up and climb your feet up the wall until your nose and toes are touching the wall. Walk back down under control.			Push Press	3 max sets at 65-70% bodyweight, rest 2-3 minutes	Try to get the same number of reps at a slightly heavier weight than two weeks ago.	
Wednesday	HSPU Negatives	30 reps	Try to string multiple reps together if possible.		Wednesday	HSPU Negatives	35 reps	Begin on the floor face down with your feet against a wall. Push up and climb your feet up the wall until your nose and toes are touching the wall. Walk back down under control.	
	Inverted Rows (Barbell or Ring)	3 max sets, rest as needed	Either increase the difficulty from week 1 or beat your score with the same set-up.			Strict Pull-ups	3 max sets, rest as needed	Either increase the difficulty from week 2 or beat your score with the same set-up.	
Friday	Push-Ups	50 Reps	Perform 50 reps in as few sets as possible. Scale such that you can perform at least 5 reps per set.		Friday (Re-test Day)	Push-Ups	60 Reps	Perform 60 reps in as few sets as possible. Scale such that you can perform at least 5 reps per set.	
	Strict Press	4 max sets at 50%+ bodyweight, rest 2-3 minutes	Try to get the same number of reps as week 1 at a SLIGHTLY heavier weight.			Handstand Push-ups	1 max set	Replicate your week 1 test exactly how it was done. If you tested with a scale but have gained the ability to do regular HSPU, perform the scaled test first, rest, and then do a max set of regular HSPU.	
	Handstand Holds	3 sets of max duration, rest as needed between attempts	Try to accumulate more time under tension that week 1.						