

MAYHEM AFFILIATE



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6-WEEK HANDSTAND PUSH-UP PROGRESSION

Throughout the year, we will be programming gymnastic skill work weekly into the Mayhem Affiliate class programming through various gymnastic cycles, each revolving around a specific skill. Cycles will last 6 weeks with a 1-2 week rest between. Here is an overview of the upcoming cycles:

- Handstand Push-Ups (Jan-Feb)
- Muscle Ups (Feb -March)
- Rope Climbs(April-May)
- Pistols (May-June)
- Toes to Bar (June-August)
- Double Unders (August-Sept)
- Strict Pull Ups(Sept-Dec)

Although we are choosing to program this skill work weekly into classes, feel free to use these progressions in whatever way you think is best to help your athletes improve their gymnastics skills.

The following handstand push-up progression resource is designed to help athletes get their first handstand push-up or improve their form and conditioning in this movement.

WEEK 1:

[Handstand Hold \(Tips\)](#)

[Handstand Hold](#)

[Handstand Hold Knees on Box](#)

[Handstand Hold Feet on Box](#)

[Banded Overhead Hold](#)

Advanced:

5 Sets

:45-second Handstand Hold (wall/ feet on box)

1:15-minute Rest

Intermediate:

5 Sets

:30-second Handstand Hold (wall/ feet on box)

1:30-minute Rest

Beginner:

5 Sets

:30-second Handstand Hold (feet on box/knees on box)

1:30-minute Rest

(Use standing Banded Overhead Hold as a substitute for athletes who struggle with stability)

WEEK 2:

[Handstand Hold \(Tips\)](#)

[Handstand Hold](#)

[Handstand Hold Knees on Box](#)

[Handstand Hold Feet on Box](#)

[Banded Overhead Hold](#)

Advanced:

5 Sets

1-minute Handstand Hold (wall)

1-minute Rest

Intermediate:

5 Sets

:45-second Handstand Hold (wall/ feet on Box)

1:15-minute Rest

Beginner:

5 Sets

:30-second Handstand Hold (feet on Box/Knees on Box)

1:30-minute Rest

(Use standing Banded Overhead Hold as a substitute for athletes who struggle with stability)

WEEK 3:

[Handstand Push-Up Descent \(Tips\)](#)
[Kick up + 3 second Descent + Strict Press](#)
[Kick Up + 3 second Descent + Kick Down reset](#)
[3 second Descent + Strict Press Box:Pike Position](#)
[Banded Overhead Hold](#)

Advanced:

5 Sets (1 Abmat)
5 Kick Up + 3-second Descent + Strict Press

Intermediate:

5 Sets (2 Abmats)
3-5 Kick Up + 3-second Descent + Kick Down (reset)

Beginner:

5 Sets (From Box or Pike Position)
3-5: 3-second Descent + Strict Press
(Use standing Banded Overhead Hold as a substitute for athletes who struggle with stability)

WEEK 4:

[Handstand Push-Up Descent \(Tips\)](#)
[Kick up + 3 second Descent + Strict Press](#)
[Kick Up + 3 second Descent + Kick Down reset](#)
[3 second Descent + Strict Press Box: Pike Position](#)
[Banded Overhead Hold](#)

Advanced:

5 Sets (Flat/padded surface)
5 Kick Up + 3-second Descent + Strict Press

Intermediate:

5 Sets (1 Abmat)
3-5 Kick Up + 3-second Descent + Kick Down (reset)

Beginner:

5 Sets (From Box or Pike Position)
3-5: 3-second Descent + Strict Press
(Use standing Banded Overhead Hold as a substitute for athletes who struggle with stability)

WEEK 5:

[Kipping Handstand Push Up \(Tips\)](#)

[Kipping Handstand Push Up Side](#)

[Kipping Handstand Push Up Front](#)

[3 second Descent + Strict Press Box:Pike Position](#)

Advanced:

Every Minute (10:00)

5-8 Kipping Handstand Push-Ups (Flat surface or 1 Abmat)

Intermediate:

Every Minute (10:00)

3-5 Kipping Handstand Push-Ups (1 Abmat)

Beginner:

Every min (10:00) or 5 Sets (From Box or Pike Position)

3-5: 3-second Descent + Strict Press

(Use standing Banded Overhead Hold as a substitute for athletes who struggle with stability)

WEEK 6:

[Kipping Handstand Push Up \(Tips\)](#)

[Kipping Handstand Push Up Side](#)

[Kipping Handstand Push Up Front](#)

[3 second Descent + Strict Press Box:Pike Position](#)

Advanced:

Every Minute (10:00)

6-10 Kipping Handstand Push-Ups (Flat surface)

Intermediate:

Every Minute (10:00)

3-5 Kipping Handstand Push-Ups (Flat Surface 1 Abmat)

Beginner:

Every min (10:00) or 5 Sets (From Box or Pike Position)

4-6: 3-second Descent + Strict Press

(Use standing Banded Overhead Hold as a substitute for athletes who struggle with stability)