

# RUINATION CROSSFIT

## Handstand/Handstand Walk Progression

### Skill set # 1

Kick to handstand with support (wall) X 10 reps

- Goal is to be able to control the force and “KISS” heels to wall while being globally extended. Start 10-12” away from wall and after each set increase the distance where hands are placed. The final round you should be close to 3’ away from wall and slowly trying to control the heels when making contact with the wall.

Wall walks X 5 reps

- MUST STAY TIGHT AND IN HOLLOW POSITION!!!! No saggy midlines or soft quads

Inverted shoulder touches X 20 reps

- Use plyo box for scaling variation

X 3-5 sets

### Skill set # 2

For 5 mins accumulate as much time as possible inverted with support of the wall or spotter

For 5 mins accumulate as much time as possible inverted with no support of the wall or spotter

### Skill set # 3

Using the wall for support, get inverted and practice gradually releasing your heels away from the wall. Try and make any adjustments in loss of balance through the palm of your hand.

Practice this for 15 min, every 2 min perform 15 hollow rocks.