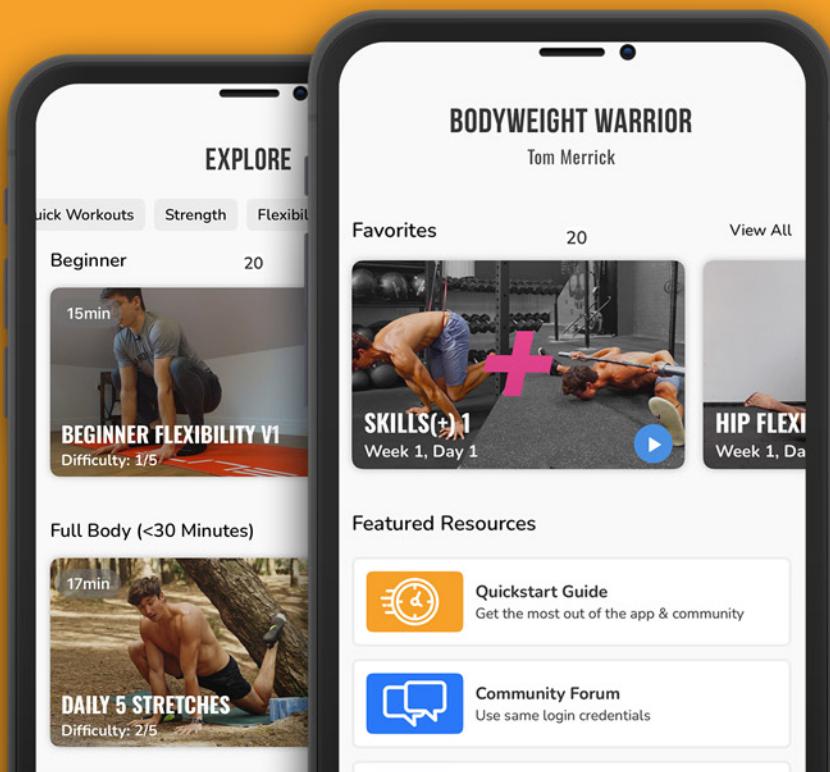


BODYWEIGHT  
**WARRIOR**

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## **80+ Ad-Free Follow-Along Classes**

Same great routines without the interruptions.

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Bodyweight skills, flexibility, handstands and more

## **Progressive Pathway**

Evolving programs from beginner to advanced

## **Community Forum**

Ask your questions and get personalised advice

## **Assessment & Benchmarks**

Understand your limitations to the right program

## **Big Project Coming Jan 2026**

Be the first to try the FlexFlow approach



**FIND OUT MORE**



FOLLOW ALONG

# HANDSTAND

ROUTINE

MOVEMENT	REPS
1. Wrist Clock Walks	2 reps per direction
2. First Knuckle Push Ups	10 reps
3. Reverse Wrist Push Ups	10 reps
4. Wrist Rocks	5 reps per direction
5. Kneeling Press To Pike	5 reps
6. Front Bodyline Drill	20 secs
7. Prone Butchers Block	30 secs
	Rest 30 sec
8. Chest To Wall Handstand	10-30 secs
	Rest 60 sec
9. Chest To Wall Handstand (Light Feet)	10-30 secs
	Rest 60 sec
10. Chest To Wall Toe Pulls	10-30 secs
	Rest 60 sec
11. Back To Wall Finger Pulls	10-30 secs
	Rest 60 sec
12. Chest To Wall Toe Pulls	10-30 secs
	Rest 60 sec
13. Back To Wall Finger Pulls	10-30 secs
	Rest 60 sec
14. Tuck L-Sit / Support Hold	15-20 secs
	Rest 60 sec
15. Tuck L-Sit / Support Hold	15-20 secs

