

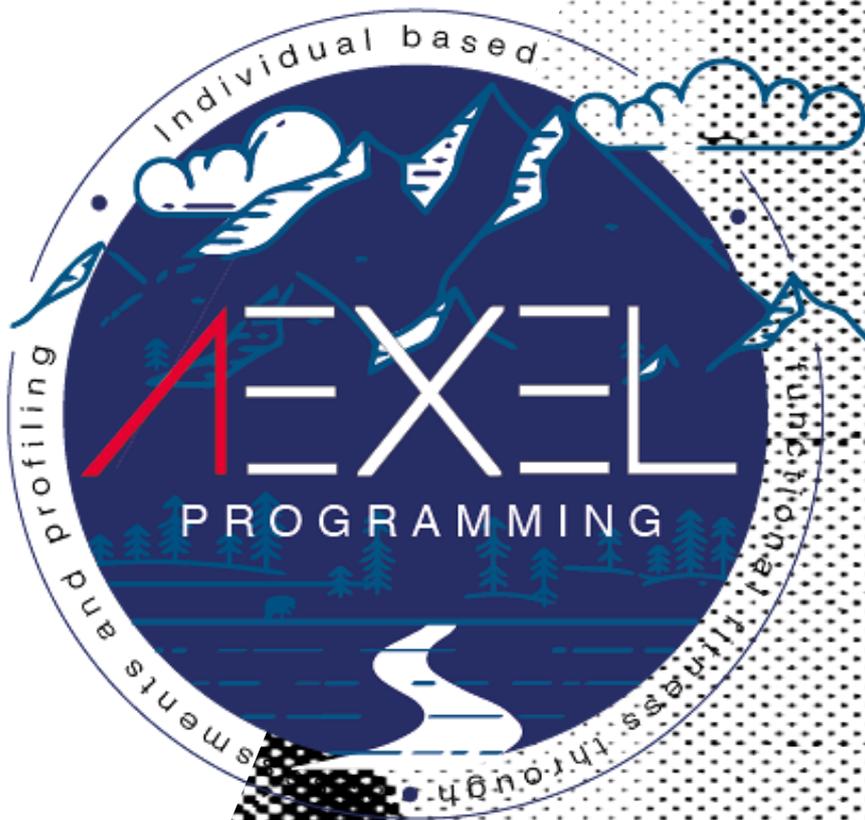
MADE BY  
DAVID SCHARFF

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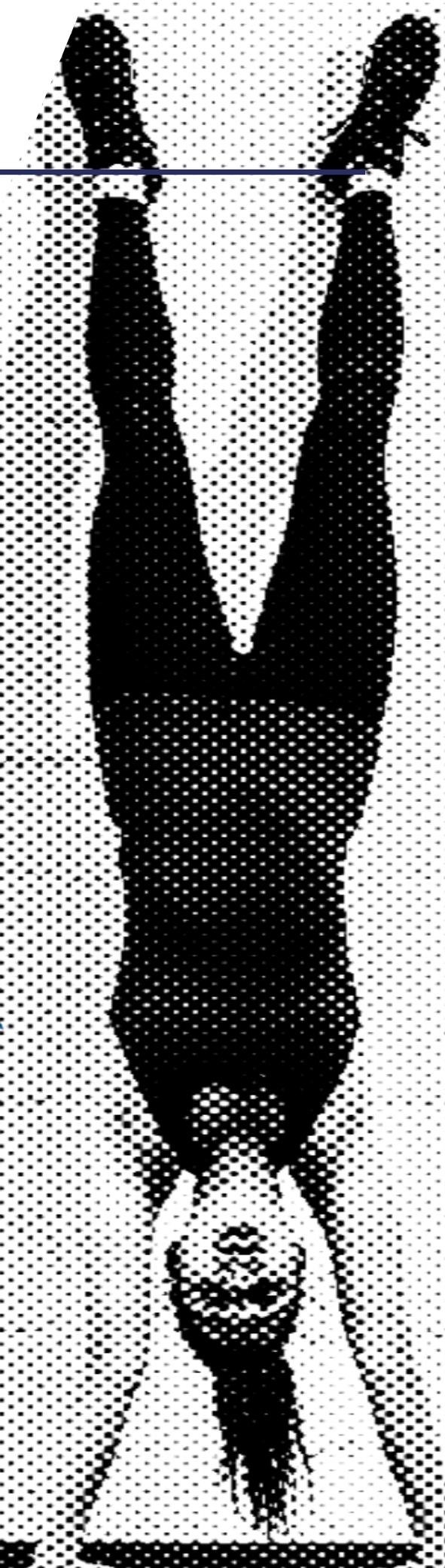
# STRICT HANDSTAND PUSH UP PROGRAM FOR BEGINNERS

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8 WEEKS-2 DAYS



OKT2020



## INTRO

### HANDSTAND PUSH UP PROGRAM

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Welcome into this 8 week program, we hope to help you with your CrossFit journey by handing this handstand push up program to you.

This program can be used as an accessory program and should always be done in consultation with your coach. If you are injured in the upperbody we don't recommend doing this program.

If you are unable to perform certain exercises or you are unable to hit the rep scheme's then scale where needed.



# STRICT HANDSTAND PUSH UP

8 WEEK PROGRAM 2 DAYS PER WEEK

DAY	EXERCISE	REPS/SETS
1	Pike push up	6 reps x 6 sets, tempo 2001
2	handstand hold	25 seconds x 5 sets
3	Pike push up	7 reps x 6 sets, tempo 2001
4	handstand hold	35 seconds x 4-5 sets
5	Pike push up	7 reps x 6 sets, tempo 3101
6	handstand hold	35 seconds x 5-6 sets
7	Feet elevated pike push up	5 reps x 6 sets, tempo 2001
8	eccentric hand- stand pushup	2 reps x 10 sets, slow descend

## NOTE:

During the pike push up, you should go into the tripod position that are formed by the hands and head. If you are unable to hit the prescribed reps then just decrease the amount. The first number in a prescribed tempo, always represents the negative phase of the exercise. The third number represents the concentric phase and the second and fourth number represent holds.

# STRICT HANDSTAND PUSH UP

8 WEEK PROGRAM 2 DAYS PER WEEK

DAY	EXERCISE	REPS/SETS
9	Feet elevated pike push up	6 reps x 5 sets, tempo 2001
10	eccentric handstand pushup	3 reps x 8 sets, slow descend
11	strict press	4 reps x 5 sets, @83% of 1rm
12	eccentric handstand pushup	4 reps x 6 sets, slow descend
13	strict press	3 reps x 5 sets, @86% of 1rm
14	handstand push up with abmats	5 reps x 5 sets (as low as pos.)
15	handstand push up with abmats	3 reps x 5 sets (as low as pos.)
16	handstand push up with abmats	1 reps x 7 sets (as low as pos.)

## NOTE:

The strict presses should feel heavy. The handstand push ups with abmats are as deep as you can, start high and end low.

Repeat this protocol as needed.