



FREQUENCY FITNESS 6-WEEK HANDSTAND PUSH-UP ACCESSORY WORK
GET YOUR 1ST STRICT HANDSTAND PUSH-UP

<p>Week 1</p>	<p>A) Wall Facing Handstand Hold * 3x 30 Secs * Rest as Needed B) Seated Single Arm DB Press * 3x 12 Reps @ 3121 Tempo * Rest 90 Secs C) DB Powell Raise * 3x 12 Reps @ 5011 Tempo * Rest 90 Secs</p>	<p>A) Box Walks * 3x 6 Reps * 3 Sec Hold at Top * Rest 2 Mins B) ¼ Turkish Get-Up * 3x 8 Each Side * 3 Sec Hold at Top C) Banded Tricep Extension * 3x 30 Secs @ 10X0 Tempo * Rest 60 Secs</p>
<p>Week 2</p>	<p>A) Wall Facing Handstand Hold * 4x 30 Secs * Rest 60-90 Secs B) Seated Single Arm DB Press * 3x 10 Reps @ 4111 Tempo * Rest 30 Secs C) DB Powell Raise * 3x 10 Reps @ 4010 Tempo * Rest 2 Mins</p>	<p>A) Box Walks * 4x 8 Reps * 2 Sec Hold at Top * Rest 90 Secs B) ¼ Turkish Get-Up * 4x 6 Each Side * 2 Sec Hold at Top C) Banded Tricep Extension * 3x 45 Secs @ 10X0 Tempo * Rest 60 Secs</p>
<p>Week 3</p>	<p>A) Handstand Shoulder Taps * 3x 10 Each Side B) Barbell Z Press * 3x 8 Reps * Rest 2 Mins C) Incline DB Trap-3 Raise * 3x 10 Reps @ 4020 Tempo * Rest 60 Secs</p>	<p>A) Wall Walk * 3x E2MOM for 10 Mins B) Single Arm Overhead Carry * 3x 20m Each Arm * Rest 60 Secs C) Overhead DB Tricep Extension * 3x 12 Reps @ 3131 Tempo * Rest 90 Secs</p>

<p>Week 4</p>	<p>A) Handstand Hip Taps * 4x 8 Each Side * Rest 90-120 Secs</p> <p>B) Seated Top Half Shoulder Press * 8, 8, 6, 6 @ 3131 Tempo * Build Per Set</p> <p>C) Incline DB Trap-3 Raise * 3x 10 Reps @ 3020 Tempo * Rest 90 Secs</p>	<p>A) Wall Walk * 3 Reps Every 90 Secs x 6 Sets * Hold for 3 Secs at Top</p> <p>B) Dual KB Overhead Carry * 4x 20m * Rest 60 Secs</p> <p>C) SA Overhead Tricep Extension * 3x 10 Reps @ 2121 Tempo * Rest 60 Secs</p>
<p>Week 5</p>	<p>A) Negative Handstand Push-Up * 3x 4-6 @ 50A1 Tempo * Rest 2 Mins</p> <p>B) Seated Top Half Shoulder Press * 8, 6, 4 @ 31X1 Tempo * Rest as Needed</p> <p>C) Side Lying DB External Rotation * 3x 10 Reps @ 3111 Tempo * Rest 60 Secs</p>	<p>A) Kettlebell Pike HSPU * 6 Reps Every 90 Secs x 5 Sets * Rest 2 Mins</p> <p>B) Turkish Get-Up * 3x 3 Reps Unbroken Each Side * Rest as Needed</p> <p>C) DB Tate Press * 3x 10 Reps @ 2121 Tempo * Rest 90 Secs</p>
<p>Week 6</p>	<p>A) Negative Parallele HSPU * 3x 5 Reps @ 60A1 Tempo * Rest 2 Mins</p> <p>B) Push Press * 5, 3, 2 * Build in Weight</p> <p>C) Single Arm DB External Rotation * Elbow on Knee * Develop 8RM Each Side * 30X1 Tempo</p>	<p>A) Kettlebell Pike HSPU * 4-6 Reps EMOM x6 Mins</p> <p>B) Turkish Get-Up * 6x 1 Rep * Tough Sets Across * Rest as Needed</p> <p>C) DB Tate Press * 2x 8 Reps @ 21X1 Tempo * Rest as Needed</p>

Incline DB Trap-3 Raise: <https://www.youtube.com/watch?v=3ePU9fAHWKQ>

Kettlebell Pike HSPU: <https://www.youtube.com/watch?v=Uhi9c2SDI6o>

DB Tate Press: <https://www.youtube.com/watch?v=VGEQb-9IT10>