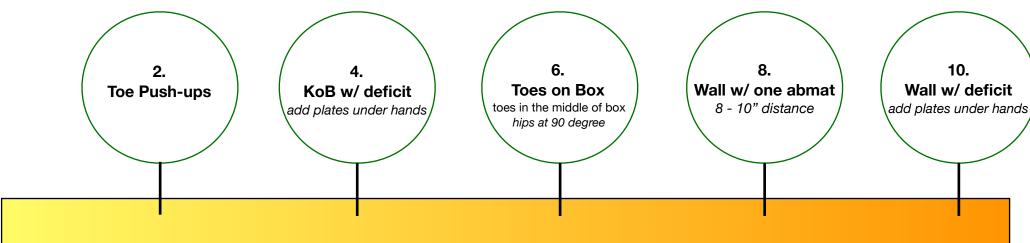
Progression / Scaling Handstand Push-ups

Goal is to complete 5 reps before you move to the next step. Last successfully completed step is your workout scale.



No worming
No collapsing
Chest to floor
Full lock out

Hands and head in tripod
Vertical torso (wall or box behind you)
Stable midline (engage abs, don't arch back)
Finish with head through arms

