

# 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.**

**2.  
Toe Push-ups**

**4.  
KoB w/ deficit**  
*add plates under hands*

**6.  
Toes on Box**  
*toes in the middle of box  
hips at 90 degree*

**8.  
Wall w/ one abmat**  
*8 - 10" distance*

**10.  
Wall w/ deficit**  
*add plates under hands*

**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**

**1.  
Knee Push-ups**

**3.  
Knees on Box**  
*knees to the edge  
hips at 90 degrees*

**5.  
Wall w/ two abmats**  
*5 - 7" distance*

**7.  
ToB w/ deficit**  
*add two 45 lbs. plates  
under hands*

**9.  
Wall w/out AM**