Progression / Scaling
Handstand Push-ups

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
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