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Pamela is a lead coach on the CrossFit Gymnastics Seminar Staff and placed 8th at the CrossFit Games in the Masters Category. She has also competed 4 consecutive years at regionals. Pamela was Massachusetts Senior Gymnast of the Year and earned a Scholarship to a Division I University where she broke the school record for balance beam.

You can direct any questions specific to this program to: pamela@crossfitgymnastics.com

Press Handstand Program			
	strength	volume	skill
week one	day 1	day 2	day 3
	20 L sit pops	accumulate 2min of L or tuck hold on paralette	5x5 headstand presses against wall
	20 straddle pops	3x10 hollow ball V-ups (back to wall- feet on wb)	12 negative press lowers (start at top of hndsd)
	20 planche push ups		5x5 L or tuck to press stand (paralette or box)
week two	day 1	day 2	day 3
	30 V-ups	3 rounds of:	10 straddle press against wall WITH legs starting on 24/30in box (straddle position)
	3x10 ring push ups (45 turn out if possible)	3 headstand press negatives	10 paralette L sit to stand to thick plate or elevated
	10x 3 sec stalder holds off paralettes	5 forward roll to straddle stand	
		8 ring support L leg lifts	
week three	day 1	day 2	day 3
	20 bear crawl hspu (shift weight to toe)	30 sec of quality work-30 sec rest (x4 rounds)	5x5 headstand presses
	20 shoot thrus on paralettes	shoulder shrugs off box (straight arms)	10 "toe" lift presses (only leaning enough to lift toes)
	20 hollow rocks	straddle pops	***do not jump or bend arms
		hollow ball V-ups (back to wall- feet on wb)	
week four	day 1	day 2	day 3
	5x8 strict t2b	accumulate 2 min of pike up sliders (feet on frisbee)	10 press to handstand or headstands
	5x8 hollow banded pulldowns	10 sets of : 8 sec press negatives w. a partner spo t(or wall)	**against wall or freestanding
	5x8 V-up with 10#wb between feet		10 forward roll to straddle hold or stand
	**pass back & forth from hands to feet at top of the V		10 attemptsnegatives to positive (one rep = start from top lower to toes hit floor - back up to press)