

# Gymnastics at Home Worksheets – Handstands

## Before you start you'll need:

- **Flat surface – carpet/ rug/ or a mat**
- **Waste paper bin**
- **A sofa**
- **A wall or closed door**

Handstands need a lot of practice and patience to achieve good shape and control. Practicing ALL the exercises below will help you to get the perfect handstand and be able to hold it for a long time.

### Flat Surface – carpet/ rug/ or a mat

- |                                                           |                          |
|-----------------------------------------------------------|--------------------------|
| 1. Hands & knees rocking (hands wide, press with fingers) | <b>All Levels</b><br>x20 |
| 2. Front support hold                                     | x30 seconds              |
| 3. Pike fold                                              | x30 seconds              |
| 4. Dish hold (lower back pressed to floor)                | x30 seconds              |

### Waste paper bin (upturned)

- |                                                              |                                        |
|--------------------------------------------------------------|----------------------------------------|
| 1. Front support walk hands in circle around bin             | <b>All Levels</b><br>x5 each direction |
| 2. Step lunge over bin (arms by ears, reach long)            | x10                                    |
| 3. Hands on floor in lunge, push head away from bin to stand | x10                                    |
| 4. Front support tap hands on bin                            | x10 each hand                          |

### Sofa

- |                                                         |                                  |
|---------------------------------------------------------|----------------------------------|
| 1. Turtle hold (knees on sofa, rounded back)            | <b>All Levels</b><br>x20 seconds |
| 2. L Shape handstand shoulder shrugs                    | x10                              |
| 3. L Shape handstand leg kicks                          | x10 each leg                     |
| 4. High bunny hops against soft (try to open shoulders) | x10                              |

### A wall or closed door

- |                                                                 |                                  |
|-----------------------------------------------------------------|----------------------------------|
| 1. Long hold in a hollow (hands on wall, feet away, chest in)   | <b>All Levels</b><br>x20 seconds |
| 2. Long sit (bottom & back to wall, back of arms/hands on wall) | x20 seconds                      |
| 3. Handstand walking feet up (chest in, no arch in back)        | x20 seconds                      |
| 4. Handstand shoulder touches (chest facing wall/ door)         | x10 each side                    |

Once you can do the above exercises maintaining body tension you can practice kicking up to handstand against a wall/ closed door then see if you can move your feet away whilst keeping balanced on hands. How long you can hold this and try beat it each time. For demonstrations of all of the above exercises subscribe to the Active Leeds YouTube channel and select the 'Learning Handstands' video from the gymnastics playlist.