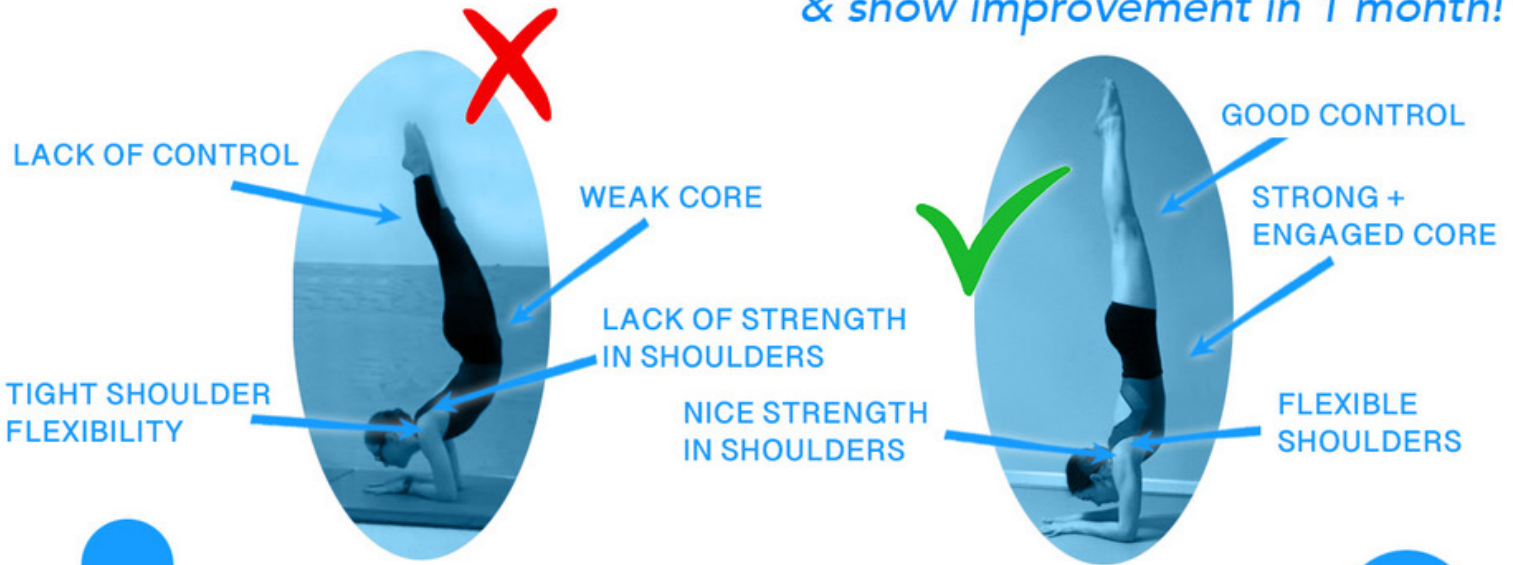




# HAVING DIFFICULTY WITH TECHNIQUE IN FOREARM STAND?

Here are some ways to prepare for the skill & show improvement in 1 month!



## Forearm Stand Improvement Plan WEEK 1 & 2

Shoulders Strength Circuit: 4 exercises, 5x's per week



Plank Hold 1 min



Elbow Plank Hold 1 min



Side Plank Knees Mat 1 min each side



Elbow Plank Reach 5x's each side, hold 10 sec each reach

Core Strength Circuit: 4 exercises, 5x's per week



Small Crunches 1 min



Sit Up to Tuck Down 1 min



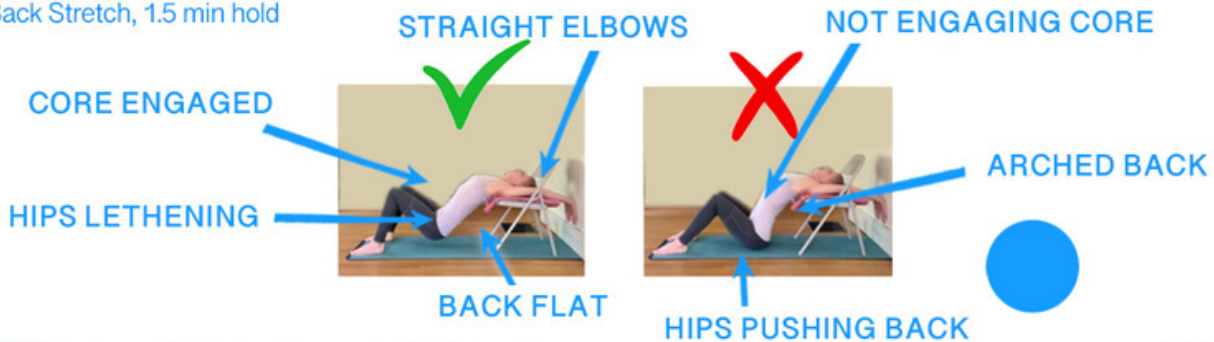
Tuck Hold on Edge 1 min



Side Crunches 1 min each side

Shoulder Flexibility: 1x per day, 5x's per week

Upper Back Stretch, 1.5 min hold



**SAFETY:** Make sure to keep elbows straight & core in

Prayer Hand Shoulder Stretch



Head up 30 sec



Head Down 1 min

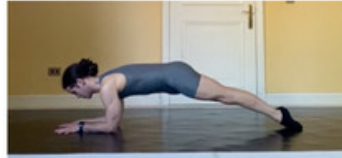


**SAFETY:** Core in, no arching

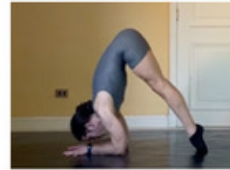
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Elbowstand Half Slide Ups: 5 slide ups, 1x day, 5 days week

Start in plank position (wear socks):



Slide up to bum stacked over shoulders, then back to plank



Shoulder Flexibility: 1x per day, 5x's per week

## Forearm Stand Improvement Plan WEEK 3 & 4

Shoulders Strength Circuit: 4 exercises, 5x's per week



Plank Shoulder Touches, 1 min



Side Plank Leg Raises, 10x's each leg slowly



Elbow Plank Leg Raises, 10x's each leg slowly



Plank 1 Arm Reach, 5x's each side slowly

Core Strength Circuit: 4 exercises, 5x's per week



Crunch Up, Feet Up 2 mins



Hollow Hold, Leg Switches, 1 min



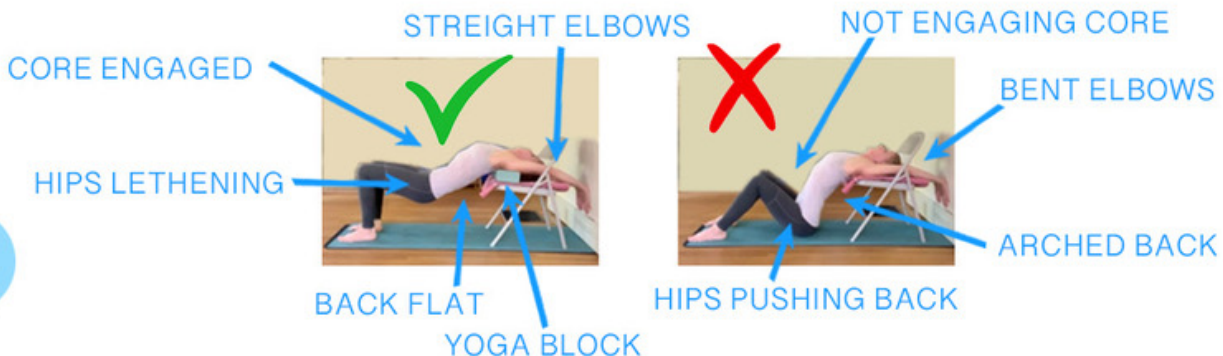
Tuck V-Ups, 1 min



Reach Ups, 15x's each leg

Shoulder Flexibility: 1x per day, 5x's per week

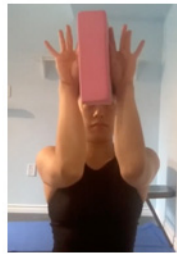
Advanced Upper Back Stretch, 20 sec each position



**SAFETY:** Make sure to keep elbows straight & core in

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Prayer Hands with Block



Block between



Head up



Head Down

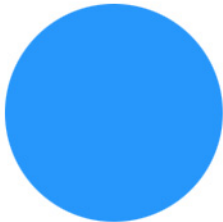
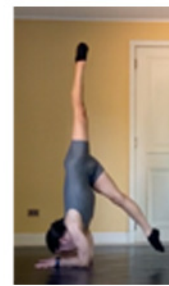
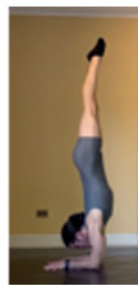
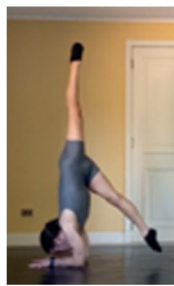
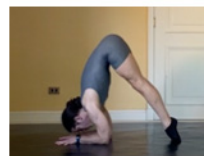
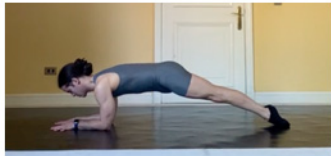


Hand to Back

**SAFETY:** Core in, no arching

Forearm Split Full Press Up

10 slide up to Elbowstand each leg, 3 days week



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