

	Day 1	Day 2	Day 3
	Handstand Walk	Chest Facing Wall Shoulder Taps into HSW	Handstand Walk
	3xM.E Walks	4x10 Taps + 2-3m Walk	Accumulate 30m
	If you get less than 2m don't count it as an attempt		Aim to break as little as possible
		Piked Handstand Around the World	
	Chest Facing Wall Lateral Walk	4x30s on 30s off	Freestanding Handstand Hold
	3x20ft Each Way - focus on position		Accumulate 60s
		3 Sets	Aim to break as little as possible
	Chest Facing Wall Shoulder Taps	4 Upside Down KB Turkish Get Ups EA	
	4x30s on 30s off	Rest 15s	Chest Facing Wall Thigh Tap
		30s Ring Support Hold	4x30s on 30s off
		Rest 15s	
		10 Band Resisted Scap Push Ups	