

Press Handstand Circuit Workout

Instructions: Go through a warm up, 3 press exercises, then attempt 10 presses.

Warm Up

Warm Up (check out [wrist warm up video](#))
+
1 min handstand hold against the wall

Exercises

10 Straddle Leg Lifts (Single or both)
+
10 Straddle Hip Lifts
+
10 Full Straddle Lifts

Press

10 Split Floats (one leg chair)
or
10 Puppy Press (side one leg press)
or
10 Straddle Presses (with or w/out blocks)