



BEAST NATION COACH BY ALSENY

HANDSTAND & BODY CONTROL

Strength • Balance • Mobility • Progressions

A progressive bodyweight training guide by Alseny Sylla

Welcome to Handstand & Body Control



This program is built around the foundations that make a strong handstand possible: conditioning, balance, form, flexibility, progression, consistency, and core control. The goal is not to rush the skill. Start at your current level, train with control, and progress as your strength and technique improve.

The original training material emphasizes that athletes begin at different levels and should adjust volume, sets, repetitions, and training frequency based on progress and how the body feels.

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01 | Foundation & Readiness



Before training handstands, build a useful base of pushing strength, core control, and comfort being upside down. The source program uses push-ups, frog stands, L-sits, dips, core work, and forward rolls as helpful preparation rather than absolute requirements.

Readiness checklist

Push-up strength; core engagement; wrist tolerance; shoulder control; comfort inverted; and a safe exit strategy.

Start at your pace

Do not copy an advanced athlete's volume. Build gradually and adjust training when progress stalls or joints become irritated.

02 | Form, Balance & Alignment



Form is central to efficient handstand training. As technique improves, the skill should rely less on brute strength and more on repeatable body position and balance.

Body line

Stack the hands, shoulders, hips, and legs as cleanly as your current mobility allows.

Balance training

Use both pushing and pulling work. The source specifically recommends balancing handstand pushing with pulling exercises such as rows and pull-ups.

Consistency

Short, focused practice repeated consistently is more useful than rushing toward long holds.

03 | Wall Handstand Progressions



The wall is one of the main tools in the source program. Use it to learn inversion, build time under tension, improve alignment, and gradually search for balance with less support.

Step 1

Start close enough to the wall to stay controlled.

Step 2

Build comfortable wall holds and focus on form.

Step 3

Gently take one leg away from the wall and search for balance.

Milestone

The source suggests becoming comfortable with roughly 20-30 second wall holds before emphasizing freestanding work.

04 | Freestanding Handstand



Move toward freestanding work only after you can enter and exit safely. A partner can act like a movable wall: giving support at first, then reducing assistance as you find balance.

Practice quality

Keep attempts controlled. Reset when your line breaks instead of fighting every repetition.

Partner spotting

Communicate clearly about the desired hold and make sure the spotter understands a safe handstand position.

Goal

Develop repeatable balance rather than chasing one lucky long hold.

05 | Handstand Push-Up Strength



Handstand push-up training adds vertical pressing strength once the handstand foundation is established. The source progresses from supported positions and partial ranges toward deeper controlled repetitions.

Wall progression

From a stable handstand, lower a few inches, pause with control, and press back to locked arms.

Build range gradually

Increase depth only when you can maintain control.

Partner option

A partner may assist balance and reduce some of the load by supporting the legs.

06 | Upper-Body Conditioning



The source program uses classic bodyweight exercises to support handstand strength: push-ups, dips, triceps extensions, decline push-ups, and pulling work for balance.

Push-ups

Use variations and appropriate volume to build pressing capacity.

Dips

Develop triceps and pressing strength that can transfer to handstand work.

Triceps extensions

Use stable equipment and controlled repetitions.

Decline push-ups

Increase the vertical pressing demand as you progress.

07 | Core & Body Control



A strong handstand is not only a shoulder skill. The original program highlights core training and includes L-sits, V-crunches, and back hyperextensions to develop control through the trunk.

L-sit

Train compression, hip flexor strength, and total-body tension.

V-crunch

Build abdominal control through a dynamic compression pattern.

Back hyperextension

Balance abdominal work with posterior-chain training instead of overworking only the front of the core.

08 | Mobility & Flexibility



A basic handstand does not require extreme flexibility, but mobility can improve alignment and open the door to more advanced shapes. The source specifically connects split training with straddle handstands and shoulder/back flexibility with hollow-back variations.

Wrists

Warm up progressively and stop if pain develops.

Shoulders

Work toward comfortable overhead range without forcing it.

Hips

Straddle and split mobility can expand your handstand shape options.

09 | Safety & Bailouts



Safe entry and exit are part of the skill. The source identifies forward rolls, cartwheels, back rolls, and bridges as useful acrobatic foundations and recommends learning controlled ways to exit a handstand.

Side exit

Use a controlled half-cartwheel style exit when appropriate.

Forward roll

Only use this after learning the roll itself and keeping the chin tucked.

Rule

Do not keep training through wrist, shoulder, elbow, or other joint pain.

10 | Training Levels & Weekly Structure



Use these levels as a practical framework. The source material repeatedly says its routines are examples and should be adjusted to the athlete's starting level, progress, and recovery.

Level	Main Focus	Example Session
Beginner	Wall comfort, form, basic strength	Warm-up; wall holds; push-ups; frog/headstand practice; core; safe exits
Intermediate	Freestanding balance, stronger pressing	Wall line work; freestanding attempts; dips/decline push-ups; L-sit; mobility
Advanced	Longer holds, shapes, HSPU strength	Freestanding skill work; HSPU progression; advanced body-control work; balanced

11 | Progress Tracking



Measure progress instead of guessing. Record your best controlled wall hold, freestanding hold, quality attempts, pressing strength, and any discomfort. If you remain stagnant, adjust your training rather than simply adding more volume.

Week	Wall Hold	Freestanding Hold	Best HSPU / Pressing	Notes
1				
2				
3				
4				
5				
6				



12 | Final Coach Notes

Everyone starts at a different level. Be patient, train the basics, stay consistent, and let good technique guide your progress. Build the foundation first; advanced skills come from repeating quality work over time.

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