

## Download 5

### Exercises to build shoulder strength for Headstand

The following set of exercises should only be done on advice from your doctor. If you are doing any of the following exercises without first consulting your teacher or having been shown them in class then you are doing them at your own risk. All the following exercises if done correctly are safe but I accept no responsibility if injury occurs. With all these exercises it is important to work with your breathing and keep the abdominals engaged.

If your aim in life is to eventually do the perfect headstand, then the following exercises which work on building up shoulder strength done alongside the abdominals from a previous download will get you there. Record your progress so you can see how far you have come. Always insure **GOOD** technique, if you can't maintain good technique then you must stop and rest. Enjoy!

**1a.** Hold a strong plank. **1b.** Chin forward, walk feet in, keep repeating this until you are unable to walk your feet in anymore. **1c.** Point the crown of the head downwards keeping it off the floor (You should be right onto your tippy toes). Now pull up strongly through your shoulders. Working towards eventually holding for 10 breaths and repeat 3x.



**2a.** Position yourself with the soles of the feet tight up against a wall. Position the hands in the correct position for headstand and place the crown of the head down. Walk the feet up the wall till the body is at right angles to itself. Even though the crown of the head is down do not let the weight of the body put pressure onto it, keep pulling up strongly through the shoulders and try to hold for at least 10/20 breaths.



**As with any exercise program it is very important to listen to your own body and stop if you have any discomfort or pain. See you on the mat**