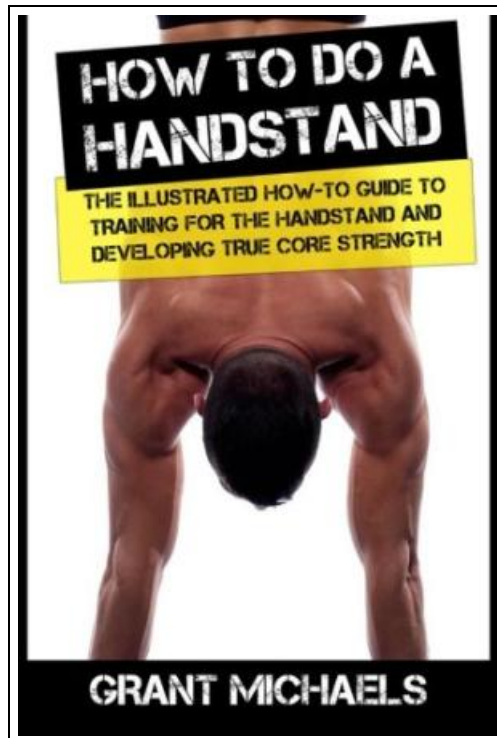


## How to Do a Handstand: The Illustrated How-To Guide to Training for the Handstand and Developing True Core Strength



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## HOW TO DO A HANDSTAND: THE ILLUSTRATED HOW-TO GUIDE TO TRAINING FOR THE HANDSTAND AND DEVELOPING TRUE CORE STRENGTH



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Createspace, United States, 2013. Paperback. Book Condition: New. Illustrated. 234 x 148 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Only Exercise You Will Ever Need for Excellent Balance Could your balance be improved? Did you know that your balance aligns you with your body strength? This means that by building your core and learning to perform a correct handstand you can significantly increase your balance. Grant Michaels s book on how to perform a handstand is much more than it seems. It really is about teaching you to build your core and upper body strength in order to achieve a better balance, but it will also help you to build your core. Also, if you plan on being in top physical shape, balance is something very important to think about. Without getting this down, your overall body strength will never reach its best possible level. Are Handstands Actually an Important Exercise? It may seem like a pointless exercise, but mastering the handstand really does a lot for your body. The number one reason to master this skill is to gain better balance. However, learning to do a handstand also increases muscle strength in the following areas: Shoulders and Surrounding Muscles, Biceps, Upper Back Muscles, and Your Abdominals. While obtaining a better control of your balance is a very good reason to start out learning to do a handstand, strengthening your overall upper body is a great reason to continue. Believe it or not learning to do a handstand also impacts your health. Many people that practice Yoga love this exact position for its anti-gravity effects on the body, and this also benefits several other areas of the body including helping. . . To relieve minor headaches, Improve digestion and elimination, Relieve irregularity, Improve bone density....



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