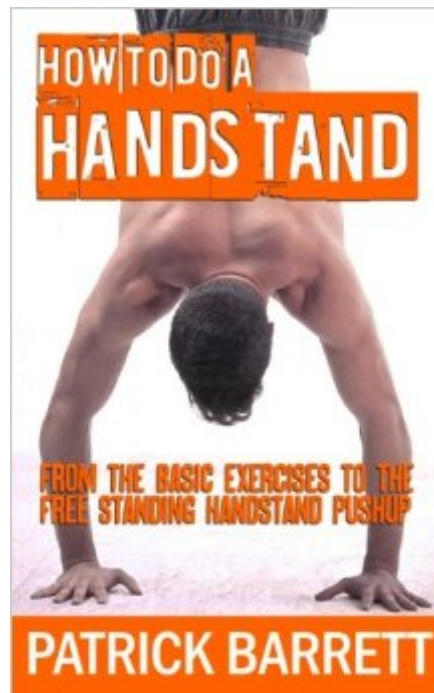


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# How To Do A Handstand: From The Basic Exercises To The Free Standing Handstand Pushup



## Synopsis

How To Do A Handstand is the only resource you need if your goal is to be able to hold a handstand, and even do handstand pushups, without leaning against a wall. Handstand training can help you develop tremendous upper body strength, as well as a great sense of balance and body awareness--but it also offers something that a lot of exercises can't. It's actually fun. This book covers everything you need to know to master these skills and make handstand training a part of your regular routine--even if you've never attempted a handstand before in your life. How To Do A Handstand offers you full explanations along with pictures depicting every exercise you'll use to reach your goal. All you need to do is pick up a physical or digital copy today, and get started.

## Book Information

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## Customer Reviews

I really liked the way the Author broke down the handstand. I started using his techniques as soon as I received this book and now I can do a free standing handstand. The philosophy of thinking about standing up on your feet really helped when you start lean back or forward in to the wall. I'm now working on free standing handstand pushups, thank you for a simple but effective method for the handstand. For the price you can't beat this information!

This is a great book that goes into the easily over-looked details on how to progress from a basic wall-assisted handstand to a free standing hand stand push-up. Hand stand walking is thrown in there for fun as well. The author did a great job explaining the concepts of each progression. The

images alone are great references. Whether you are doing handstands for crossfit, to let your inner child out, or just a fun bbq party trick, this book will give the simple progressions to get there. I have only had it a short time and already gained the confidence to get off the wall as well as take my first hand-stand walking steps.

The heading might seem unimpressive but it's like an 8second improvement to my previous free handstand hold. The tips are really helping me with technique, in terms of approach and small tweaks to technique. I'm confident I'll be able to hold a 30second handstand soon, with the freestyle handstand push up my ultimate goal. I would buy this book again, thanks.

This inexpensive small book contains easy to read (and understand) instructions. The author progressively takes you from standard push-ups to a free-standing handstand and beyond. The black & white photos may not be of the highest studio quality, but they do give you a reasonably visual guide of body position and form. I would have liked Patrick Barrett to cover more progressions (a.k.a. lead-up skills) and to cover Shoulder and Back flexibility in more detail (as Logan Christopher's "Secrets of the Handstand" does). Although a bit lean, this well presented book does contain enough information to allow you to work your way to a free-standing handstand.

I always wanted to be able to hold a handstand, but I'm on the bigger side so I thought it might be a little bit of a challenge. The progressions and pictures in this book make it much more attainable. I haven't been working with it too long but I'm totally comfortable in a wall handstand and I'm getting closer to a free handstand every day.

Bought on a whim. Really easy to get started. Never realized I would be able to do handstands! I've been practicing off and on for a few weeks and am almost ready to do them without a wall...

I was expecting something a bit more detailed, and perhaps with a bit more science to it. Instead, it doesn't seem that far from what I could have figured out with a few e-mails to my former coach. Still, it's useful, especially to beginners with little training history. The language is clear and concise, and Barrett doesn't bother trying to go beyond what is absolutely necessary. That's fine for something like this. Anyone more experienced looking for something more in-depth, try elsewhere.

There are few that has mastery of a handstand let alone it's variants like handstand pushups or

walking on one's hands. This short, concise book gives you the steps towards such mastery. Not for those who aren't fit to begin with....can't make silk out of a sow's ear as they say!

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