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THE HANDSTAND BOOK: A COMPLETE GUIDE TO STANDING ON YOUR HANDS (PAPERBACK)



Create space Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****.THE HANDSTAND BOOK is a complete guide to learning to do a basic handstand and then progressing on to intermediate and advanced skills. The mechanical principles for holding balance on your hands are detailed. A step-by-step method is given for learning to do a basic handstand. From there the book takes you on to intermediate and advanced skills, including press ups into...

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- Authored by Jack Wiley
- Released at 2015



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