



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

*Patrick Barrett*

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*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.

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