



Secrets of the Handstand

By Logan Christopher

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Secrets of the Handstand By Logan Christopher

Discover the Fastest System to Mastering the Freestanding Handstand...Guaranteed.

This book has one purpose - to get you into a 30 second+ freestanding handstand as fast as possible.

I struggled with learning the handstand when I first began. Making slow if any progress and suffering from daily frustration. It took me over a year to reach a 30 second handstand.

But that doesn't have to be you...That's why I put together the Secrets of the Handstand.

"If I had Logan's Secrets of the Handstand I could have made more progress in a couple months than my first 3 years!"

-Tyler J. Bramlett

This is the first time I put together all the information together in a book form.

The drills and exercises you'll discover in this book will shave months off of your learning curve for the handstand.

Its up to you whether you want to take the path of trial and error and frustration. Or you can follow a proven system that quickly takes you from the start to the end goal.

Look, The Handstand Can Be Frustrating...But It Doesn't HAVE To Be

The goal of this book is to get you to hold one for 30 seconds. If you follow the steps you will get there. You'll still have to put in some work, but it won't be nearly as hard as what I had to go through.

There are tons to drills and exercises inside. You'll find insider tips that no one else is teaching. This includes:

5 Main Lead-up Stunts you Must Master First

Want to do an Arched or Straight Handstand? Both are Covered here, plus the differences between them.

How to Fix or Circumvent Lack of Wrist Flexibility

Strengthening Exercises to Build Your Foundation

How to Double the Difficulty of Headstands to Gain Balancing Skills

Two Variations of Wall Balancing

The Ultimate Kick-up Drill

What to do next? Find where to go from the 30 Second Handstand.

How to Balance with your Hands

How to Balance with your Shoulders

What to Avoid Balancing with (Don't make these mistakes)

And so much more. Get Secrets of the Handstand today and get started on the fast route to handstand success.

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Editorial Review

Users Review

From reader reviews:

Alejandra Dunlap:

People live in this new morning of lifestyle always aim to and must have the spare time or they will get large amount of stress from both everyday life and work. So , once we ask do people have time, we will say absolutely without a doubt. People is human not really a robot. Then we ask again, what kind of activity are you experiencing when the spare time coming to an individual of course your answer can unlimited right. Then do you ever try this one, reading ebooks. It can be your alternative throughout spending your spare time, the actual book you have read is definitely Secrets of the Handstand.

Agnes Figueroa:

In this age globalization it is important to someone to acquire information. The information will make professionals understand the condition of the world. The health of the world makes the information simpler to share. You can find a lot of sources to get information example: internet, classifieds, book, and soon. You will see that now, a lot of publisher this print many kinds of book. Often the book that recommended to you personally is Secrets of the Handstand this book consist a lot of the information in the condition of this world now. This book was represented how does the world has grown up. The words styles that writer use to explain it is easy to understand. Typically the writer made some research when he makes this book. That's why this book suited all of you.

Katherine Clark:

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Sanjuana Day:

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examining especially. It is to be initial opinion for you to like to open a book and learn it. Beside that the publication Secrets of the Handstand can to be your friend when you're really feel alone and confuse in doing what must you're doing of these time.

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