



ADVOCATE

A QUICK GUIDE

TO GET YOUR

Handstand

Handstands may seem elusive if you're a beginner on this journey. And while you will find many challenges in perfecting them, getting started is not as hard as you might think. You just have to follow smaller progressions to get there!

At GymFit, we have an entire program for building your handstand, including

Gymnastic Bodies Guide

Weinberg, Robert S., Gould, Daniel



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