Handstand - stretched - Group: Handstand

Tags

Type of exercise: Partial body exercise, Strength exercise
Number of persons: One
Muscle Primary: Abdominis, Back, Arm
Muscle Secundary: Butt, Leg, Shoulder
Difficulty: Hard
Other: Knee height, Ankle height, 1 Sling, Static

Description

First, firmly anchor your hands in the sling trainer. Then jump into the handstand position with a strong jump and fix your feet as fast as possible on the loop trainer.

Advice

Make sure you have good body tension throughout the exercise.