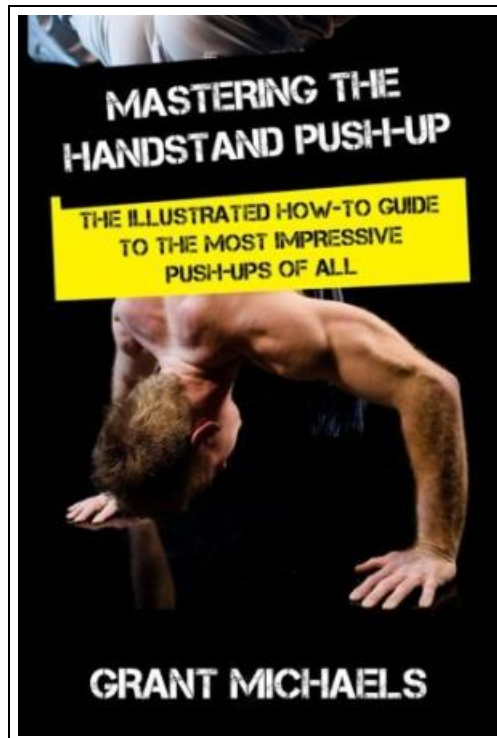


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Createspace, United States, 2013. Paperback. Condition: New. Illustrated. Language: English . Brand New Book ***** Print on Demand *****. Master the Handstand Push-Up to Develop the Ultimate Strength and Balance Are you seeking a challenge that will put you miles ahead in the fitness game? If so, then Grant Michaels s Mastering the Handstand Push-Up is right up your alley. This quick book is actually a guide to help you master this exercise one step at a time. Michaels understands how difficult of an exercise this can be, and he has given you detailed information on how you can accomplish this goal in a reasonable time. The handstand and push-up each require the body to perform a certain way. With this book you will learn how to bring the two together by building your muscle strength and your endurance. You will combine this with a sense of balance that is necessary to conquer this workout. Why Would You Ever Want to Do a Handstand Push-Up? It is true that this exercise is not for the faint of heart. It is for those who are challenging themselves daily, and who are most likely doing some kind of resistance training. However, anyone can benefit from learning how to do this exercise. Although, it may take a little extra time if you are not actively participating in strength or resistance training. You should still see. An increase in strength in the upper body. A dramatic increase in your balance that is hard to top with any other exercise. An obvious improvement in your core strength, which is not matched by exercised balls or balance boards. There are also many health benefits that are to be gained from learning to do this exercise either in a freestanding form or even with using wall support....



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