

ADVANCED HANDSTAND SHAPING

VIDEO

*ALL done against a wall -
facing it*

- **HANDSTAND HOLD - 30 SEC HOLD**
- **SMALL SIDE ROCKS (LEAN SIDE TO SIDE)**
- **LEG TAPS - 15 EACH ARM (ARM MUST BE STRAIGHT UP AND DOWN)**

Top Turns - all x10

1. **JUMP TO HANSTAND FROM KNEES AND LOWER**
 2. **SAME IN MIXED GRIP (ONE HAND FORWARD OTHER ONE BACK)**
 3. **SAME AS ABOVE ADDING THE TURN (LOWER DOWN)**
 4. **FULL TOP TURN FROM EXERCISE 1**
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