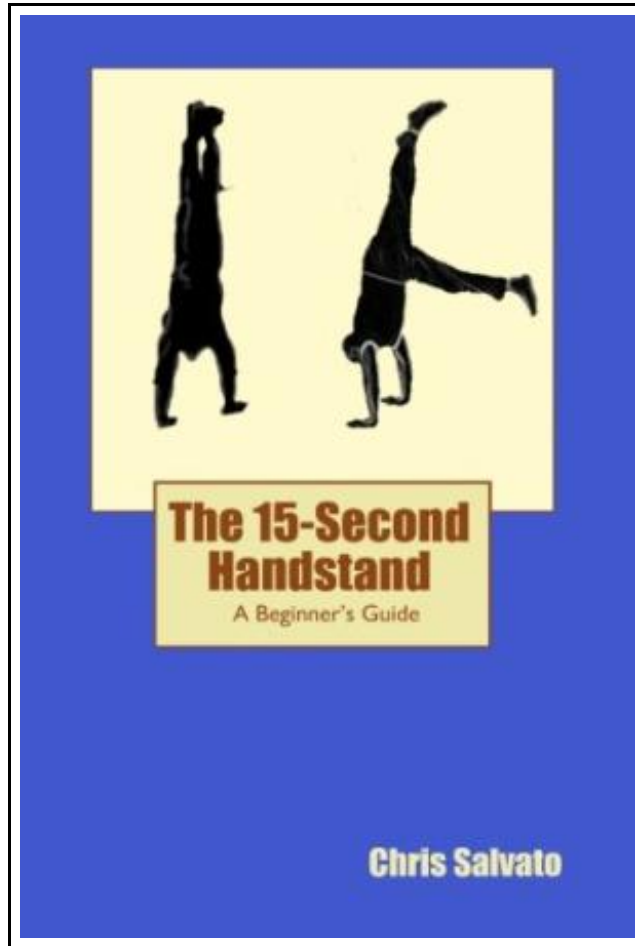


## The 15-Second Handstand: A Beginner's Guide



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## THE 15-SECOND HANDSTAND: A BEGINNER'S GUIDE



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Swift Archer, LLC, United States, 2014. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The 15-Second Handstand: A Beginner's Guide is the ANSWER to the questions we all really have about the handstand. It is the ONLY book on the market to address the big handstand problem: fear. When learning to handstand, you are normally dealing with a fear of falling over; and The 15-Second handstand lays out a progression that conquers fear, builds strength and ENABLES you to HIT YOUR GOAL in record time. Just look at what others are saying about it. I basically couldn't put the book down. It really is tremendous. I get the feeling that you REALLY know what you're talking about. It's really neat the way you present the 6 Challenges right away, then leave all the WHY for later. Plus, you really clarified for me what I need to pay attention to: locked elbows and active shoulders. And getting past my fear by learning to bail. The rest is gravy for going from 15s to one minute. I never had this feeling before of knowing what to do. - Dan R. I found the book very clear and simple, never boring. It is perfect for people who want to know why and how something works, but the step-by-step progression is perfect for people who don't care about the details. - Giacomo B. I finished your book in one day!! I like it, it's very helpful for me and the progression is very good!! I changed my training following your progression and trained much more face to the wall, every day the holy five minutes. I trained 4 months before, but had fear to move to freestanding, without any wall....



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