



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

By Chris Salvato

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...

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