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# Secrets Of The Handstand



## Synopsis

Discover the Fastest System to Mastering the Freestanding Handstand – Guaranteed. This book has one purpose - to get you into a 30 second+ freestanding handstand as fast as possible. I struggled with learning the handstand when I first began. Making slow if any progress and suffering from daily frustration. It took me over a year to reach a 30 second handstand. But that doesn't have to be you... That's why I put together the Secrets of the Handstand. "If I had Logan's Secrets of the Handstand I could have made more progress in a couple months than my first 3 years!" - Tyler J. Bramlett

This is the first time I put together all the information together in a book form. The drills and exercises you'll discover in this book will shave months off of your learning curve for the handstand. It's up to you whether you want to take the path of trial and error and frustration. Or you can follow a proven system that quickly takes you from the start to the end goal. Look, The Handstand Can Be Frustrating... But It Doesn't HAVE To Be. The goal of this book is to get you to hold one for 30 seconds. If you follow the steps you will get there. You'll still have to put in some work, but it won't be nearly as hard as what I had to go through. There are tons of drills and exercises inside. You'll find insider tips that no one else is teaching. This includes:

- 5 Main Lead-up Stunts you Must Master First
- Want to do an Arched or Straight Handstand? Both are Covered here, plus the differences between them.
- How to Fix or Circumvent Lack of Wrist Flexibility
- Strengthening Exercises to Build Your Foundation
- How to Double the Difficulty of Headstands to Gain Balancing Skills
- Two Variations of Wall Balancing
- The Ultimate Kick-up Drill
- What to do next? Find where to go from the 30 Second Handstand.
- How to Balance with your Hands
- How to Balance with your Shoulders
- What to Avoid Balancing with (Don't make these mistakes)
- And so much more.

Get Secrets of the Handstand today and get started on the fast route to handstand success.

## Book Information

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## Customer Reviews

Secrets of the Handstand is an excellent tutorial, with lots of useful tips. The lead up stunts (frogstand, headstand, elbow lever...) are a great way to build up to the strength and balance (and flexibility) needed for the free standing handstand (still working towards that one myself). They can be a lot of fun, especially when one realizes that after some time training, a stunt which was either hard or almost impossible becomes possible, and even easy(ish). This is very rewarding, and that is why I found the lead up stunts that Logan encourages to do and demonstrates very useful and helpful in my journey to the free standing handstand and more advanced moves. This, with the Gold Medal Bodies tutorial, is the best handstand tutorial I have found. Both have very different approaches and strengths, and complete each other, in my book. Money very well spent! So if you are serious about giving able to do handstands a try, get this book by Logan, you will love it. I am 42 years old, never did headstands or handstands before, and in a just few months I saw tremendous progress. At first I could not even kick into a handstand against the door, nor even do a frogstand, but now I can press into a headstand effortlessly, do frogstands and elbow levers relatively easily, do wall handstands easily too, and even am starting to be able to hold a free handstand for a (very) few seconds (still using the door as a security to fall against). And I am just starting... Thanks, Logan, for this great book! :D

Haven't started my training yet but sounds like a solid strategy to progress quickly, hope I can do all the starting maneuvers. Logan has well rounded fitness and can do some very impressive feats of strength, endurance muscular and cardio as well as flexibility so I have no problem taking his advice, Quick read no filler method to progress quickly to an open or free standing hand stand.

The book was fine and informative. However, I felt it could have gone into a lot greater detail on

progressions and steps. Although if you are completely new to the world of the handstand I'm sure it would be very helpful.

This easy to read book contains an extensive number of lead up skills to aid you on the path towards handstands. It covers lead-up skills and potential issues (such as Shoulder and Back flexibility, and wrist fatigue) better than Patrick Barrett's "How to do a Handstand", but its presentation is dragged down by the lack good quality photo. I would have liked Logan Christopher to have included better photos in this otherwise well presented book.

Short version? The sequence of techniques ("lead-up stunts") and diligent practice will help you achieve the handstand. Logan Christopher has a proven set of exercises, though their order doesn't seem based on any definite reason. In a bit more detail, the tone of the writing--to be considered a real manual for achieving a skill--is very conversational and informal, which, at times, makes it come off as rambling. Generally, several spelling and grammar mistakes were overlooked in editing, which would be acceptable if the book were a bit more e-book friendly. The table of contents is simply a list of random topics, with no hierarchical arrangement, and there are no links provided to jump from topic to topic. Also, other than a "topic name" single line heading (in identical font to the body text), there is nothing which distinguishes subject changes from general text. But do not misunderstand the criticisms above as me disliking the manual: the pictures are appropriately placed, useful, and illustrative. Christopher's descriptions of technique in each exercise are thorough. His exploration of variations on each move make for fun skill practice and lots of variety. The manual will do exactly as intended, if you put in the work; you simply do not get the sense you are receiving tips from an expert while reading it, so much as you feel like you are talking to a slightly more experienced acquaintance. With some edits and some end-user interface improvements, this manual could be a real gem. For now, it is a valuable set of practices to achieve the handstand, arranged in book format with some room to grow.

The author have clearly not mastered hand balancing at any high level, this in itself does not make the book bad. I like that he supplies several different methods for some of the positions instead of sticking with just one way. Also its good that he has no pre-set set of values as to the best aesthetic of handbalancing, but he misses his own point a few times by adding his own aesthetic preferences without supplying arguments as to why. Providing only stretching for the wrist, shoulders and back, without mobilisation and strengthening exercises, seems a bit lacking to me. All in all i think its a

good book for the beginner, but does not hold anything new or unique if you have done a bit of work with hand balancing.

I've been doing handstands most of my life but I'm challenged to hold one for 60 seconds.

Sometimes I can and sometimes I can't. I have been self taught and never actually worked my way up to them. I just power through them and do my best to balance myself in the process. This book actually allows you to build up your inverted balance with progressive moves that finally take you to the finished pose where you have now incorporated the balance techniques from easier starting inversion poses. This makes sense when you think about it. Why would you run fast before you can walk properly? I was inspired by this book and have put it to use already. I stepped back and started from square one following the suggestions laid out by Logan and will re-build the foundation that never was under my handstands. I now have a new pastime for the beach this summer and look forward to sticking and holding my handstands all the time. I like the book, the information and the instructions in it. I recommend it for anyone who has wanted to master the art of hand balancing.

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