



Mastering the Handstand Push-Up: The Illustrated How-To Guide to the Most Impressive Push-Ups of All (Paperback)

By Grant Michaels

Createspace, United States, 2013. Paperback. Book Condition: New. Illustrated. 232 x 154 mm. 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...



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