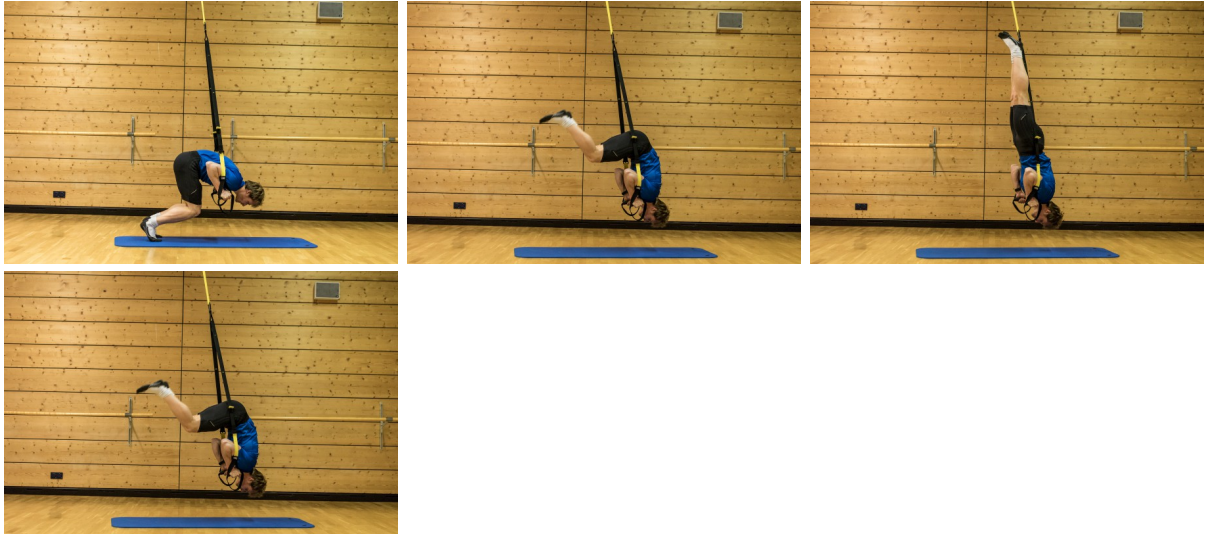


## Handstand - Bent - Group: Handstand



### Tags

**Type of exercise:** Partial body exercise, Strength exercise

**Number of persons:** One

**Muscle Primary:** Arm, Abdominis, Leg

**Muscle Secondary:** Butt, Back, Shoulder

**Difficulty:** Medium

**Other:** Knee height, 1 Sling, Static

### Description

First, firmly anchor your hands in the sling trainer. Then jump into the handstand position with a strong jump and fix your feet as fast as possible on the loop trainer.

### Advice

Make sure you have good body tension throughout the exercise.