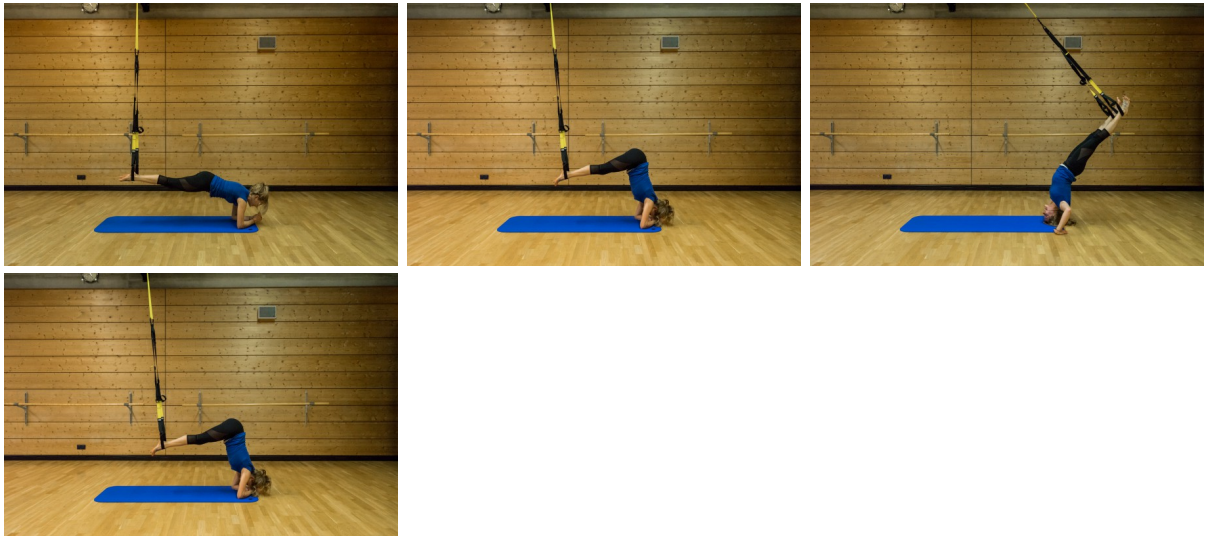


## Handstand

Angular handstand from the pike - Forearm push-up position	2
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## Angular handstand from the pike - Forearm push-up position - Group: Handstand



### Tags

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

**Number of persons:** One

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

**Muscle Secondary:** Shoulder, Back

**Difficulty:** Hard

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

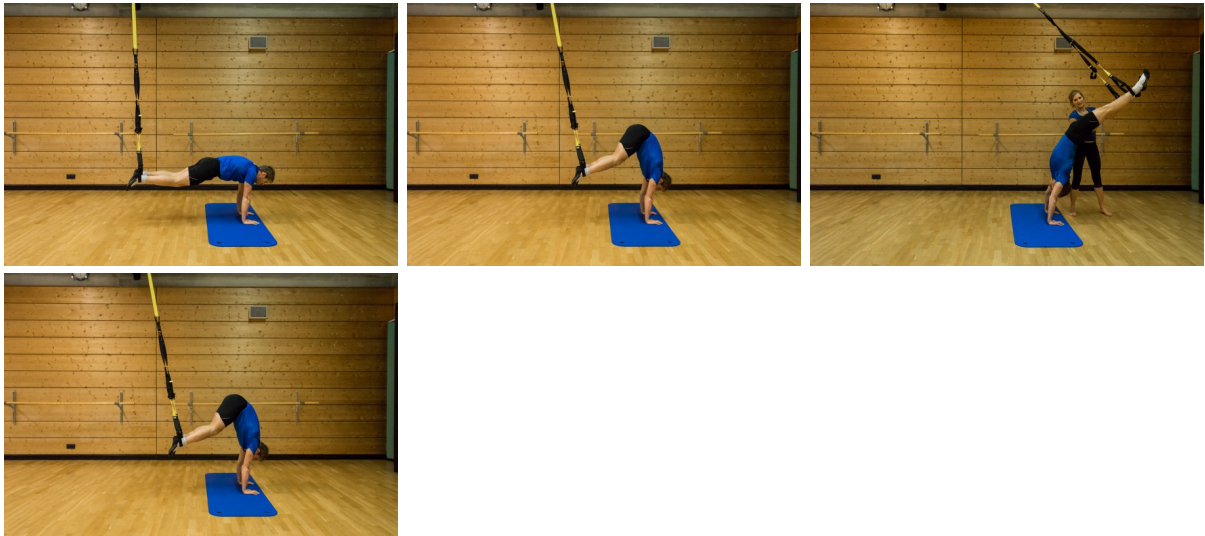
### Description

1. From the forearm support position, the hip is moved over the vertical shoulder axis. Then the legs are splayed outwards and led upwards until the handstand is reached. 2. The legs are lowered in a controlled manner and then the hips are moved back so that the push-up position is reached again.

### Advice

Avoid a "hollow cross" during the execution! Pay attention to the individual distance of the hands in the starting position to the suspension point.

## Angular handstand from the pike - Push-up position - Group: Handstand



### Tags

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

**Number of persons:** One

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

**Muscle Secondary:** Shoulder, Back

**Difficulty:** Hard

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

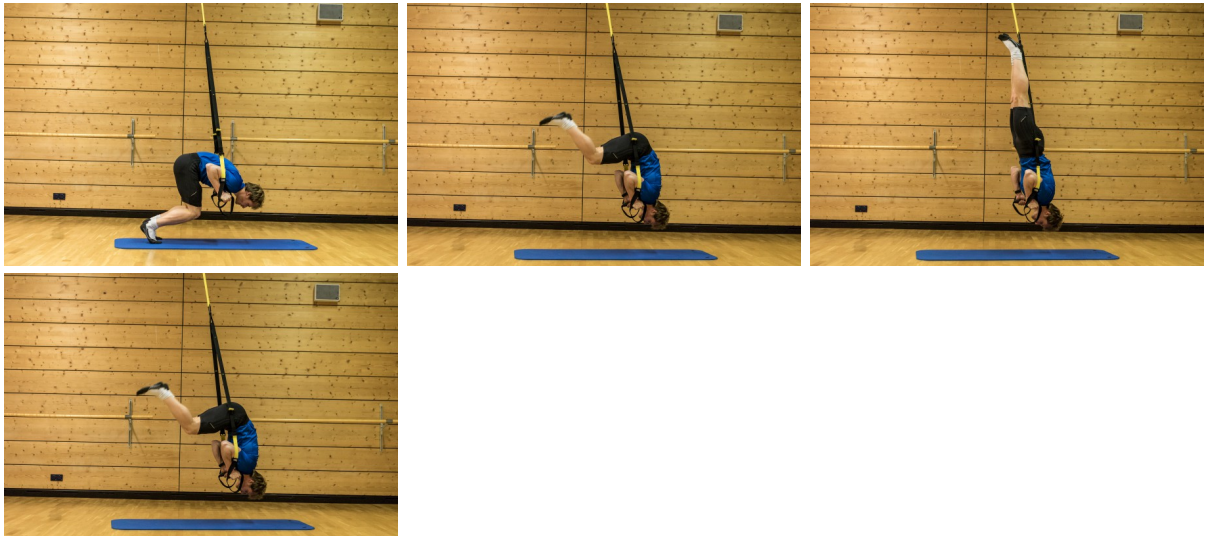
### Description

1. From the push-up position, the hip is moved over the vertical shoulder axis. Then the legs are splayed outwards and led upwards until the handstand is reached. 2. The legs are then lowered in a controlled manner and then the hips are moved back so that the push-up position is reached again.

### Advice

Avoid a "hollow cross" during the execution! Pay attention to the individual distance of the hands in the starting position to the suspension point.

## 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

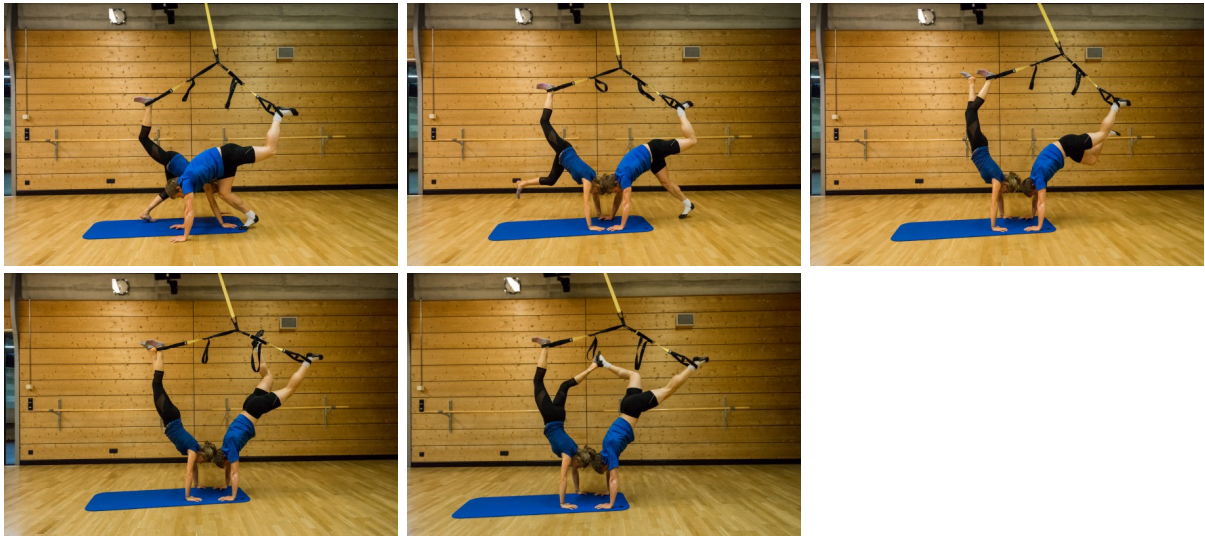
### Description

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.

## Handstand - partner - Group: Handstand



### Tags

**Type of exercise:** Full body exercise, Partner exercise, Strength exercise

**Number of persons:** Two

**Muscle Primary:** Shoulder, Back, Arm

**Muscle Secondary:** Leg, Abdominis

**Difficulty:** Hard

**Other:** Hip height, 1 Sling, Dynamic

### Description

1. From a push-up position is "hiked" to the starting position to the desired angle of inclination. 2. The free leg meets in the air with that of the partner.

### Advice

In any case, avoid bending the hips, the back should always be straight! The TRX should be set as high as possible at the beginning of the exercise.

## Handstand - stretched - Group: Handstand



### Tags

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

**Number of persons:** One

**Muscle Primary:** Abdominis, Back, Arm

**Muscle Secondary:** Butt, Leg, Shoulder

**Difficulty:** Hard

**Other:** Knee height, Ankle 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.