

## Handstand - stretched - Group: Handstand



### Tags

**Type of exercise:** Partial body exercise

**Number of persons:** One

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

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

**Difficulty:** Hard

**Other:** Dynamic, 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.