

English Handstand on Sectional Beam

PURPOSE:

to practice handstand with hands on beam in English handstand position



CAUTION

Any activity involving motion, rotation or height creates the possibility of serious injury including permanent paralysis and even death from landing or falling on the neck, head or other parts of the body. Gymnastic mats and floors cannot and do not eliminate this hazard entirely. You still assume a risk of serious injury when using this equipment. Before each use, always check apparatus for damages or wear. If in doubt, do not use the product. This gymnastic apparatus can move during use. So, always check for proper positioning before each use.



Kick to an English handstand on the sectional beam. Practice staying in good body positions, with a strong kick toward the handstand, keeping head in and shoulders open. Stay in a controlled handstand for a few seconds, then stay in control for the step back down.

