

New York City - Vegas Style



Yellowstone National Park



Sleeping Bear Dunes, MI



Las Vegas



Eiffel Tower



Greece



Tokyo



Disney

# Handstands From Around the World



Machu Picchu



Hurricane Ridge, WA



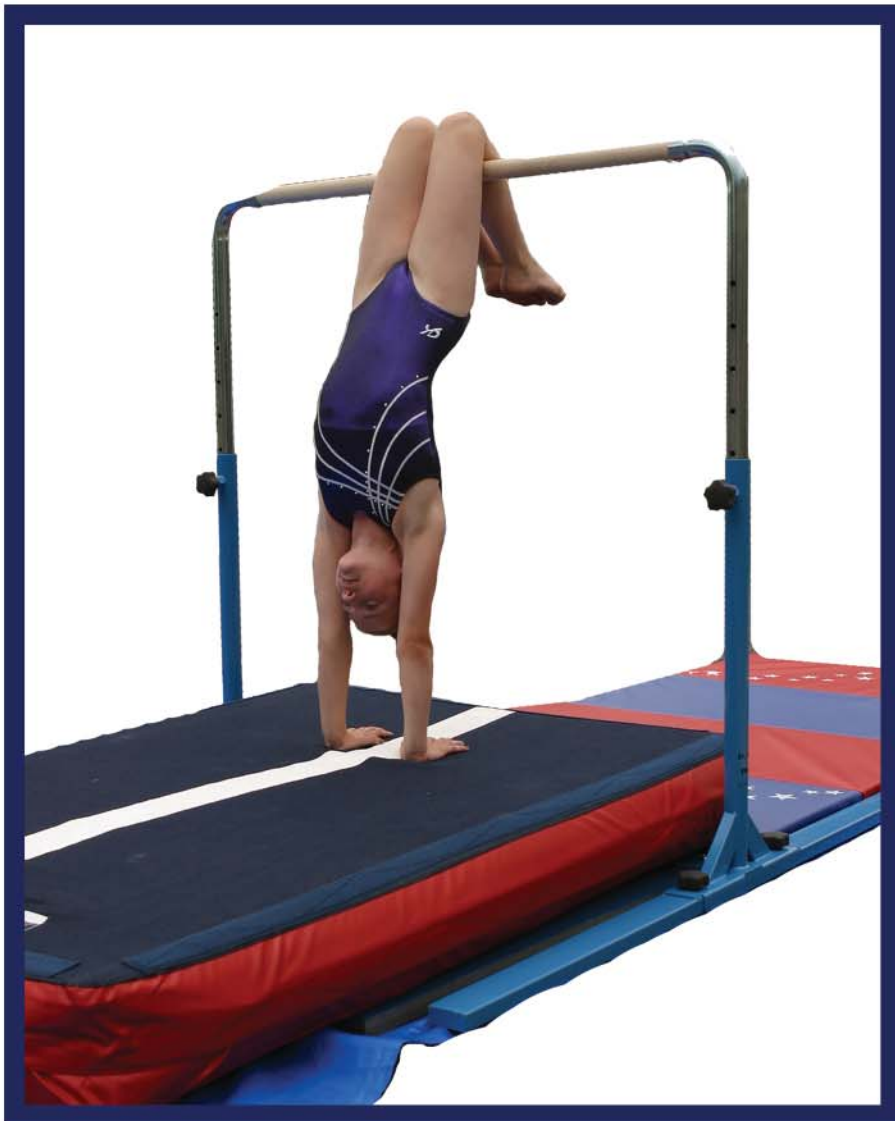
**Tumbl Trak**  
Do It Again  
[www.tumbltrak.com](http://www.tumbltrak.com)

Suggested retail price \$9.50

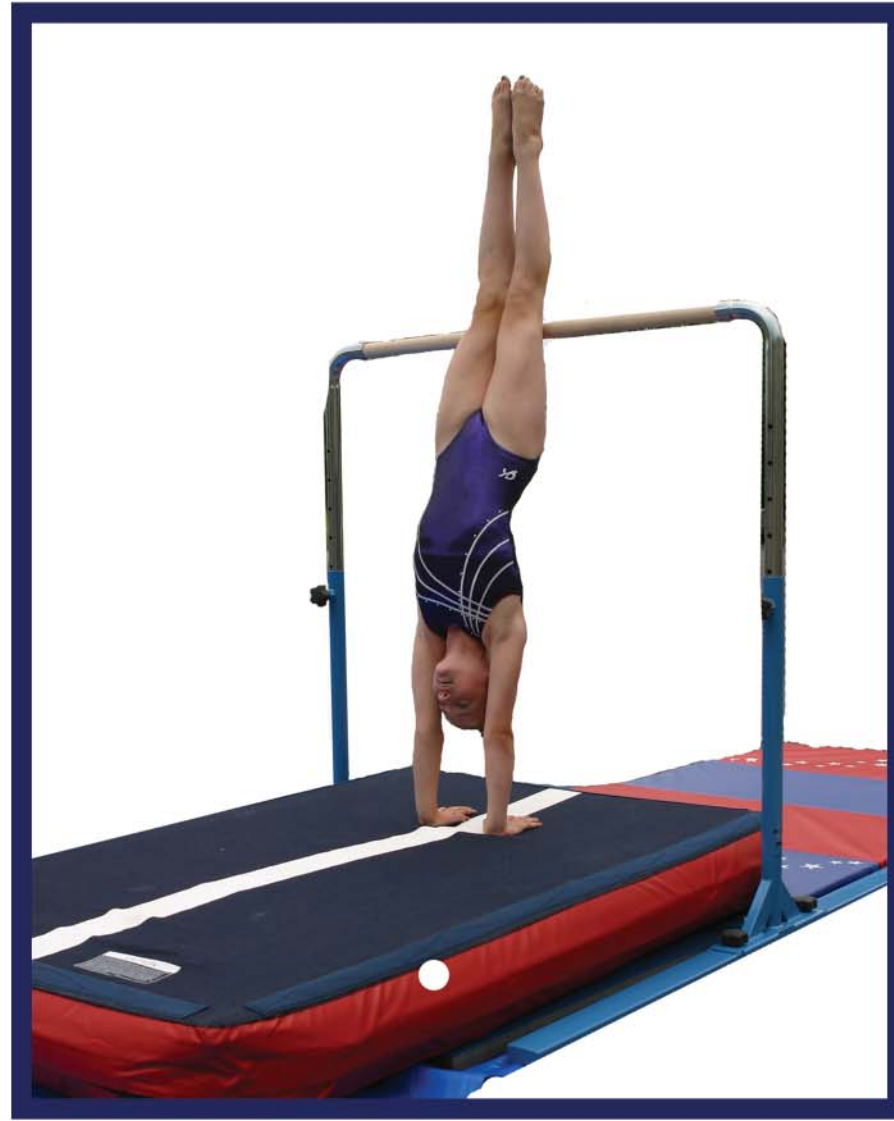


# Handstand Drills

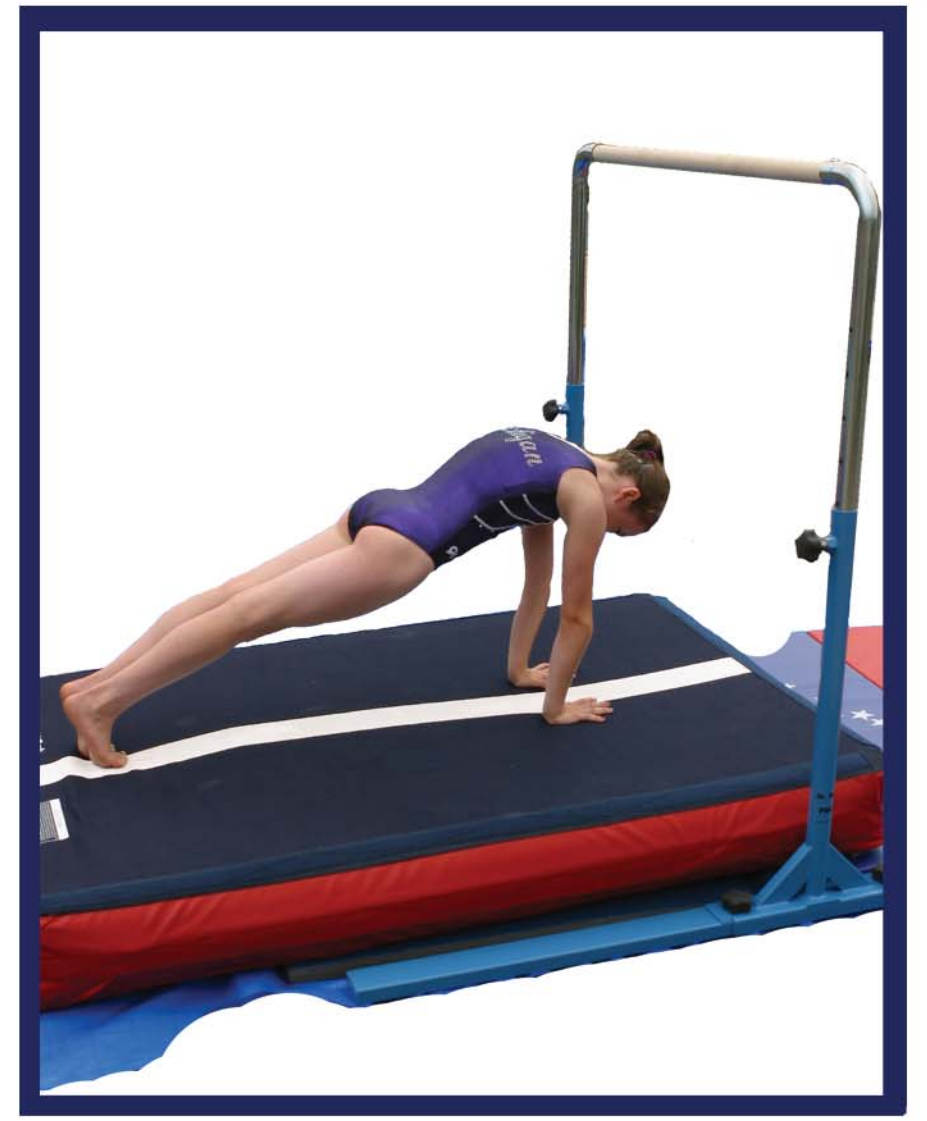
## Knee Hang from Bar



Hang from knees from Jr. Bar

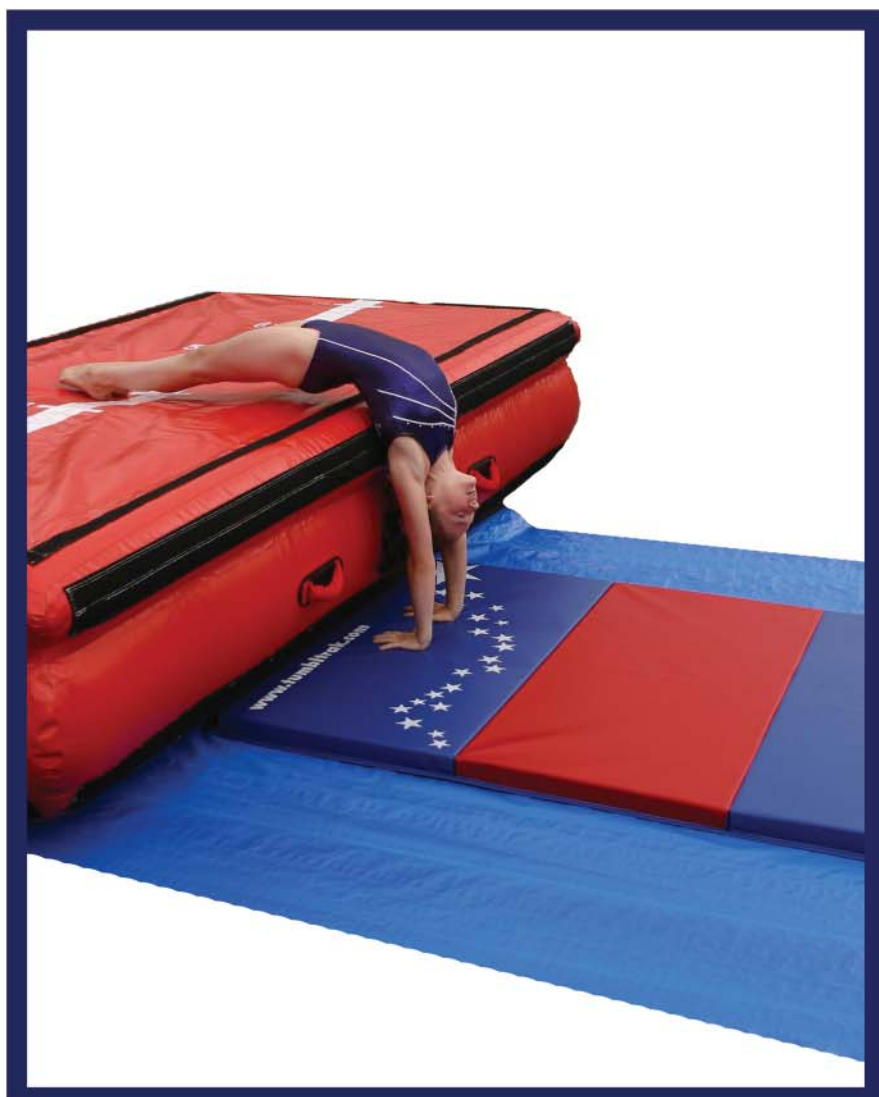


Straighten legs to handstand

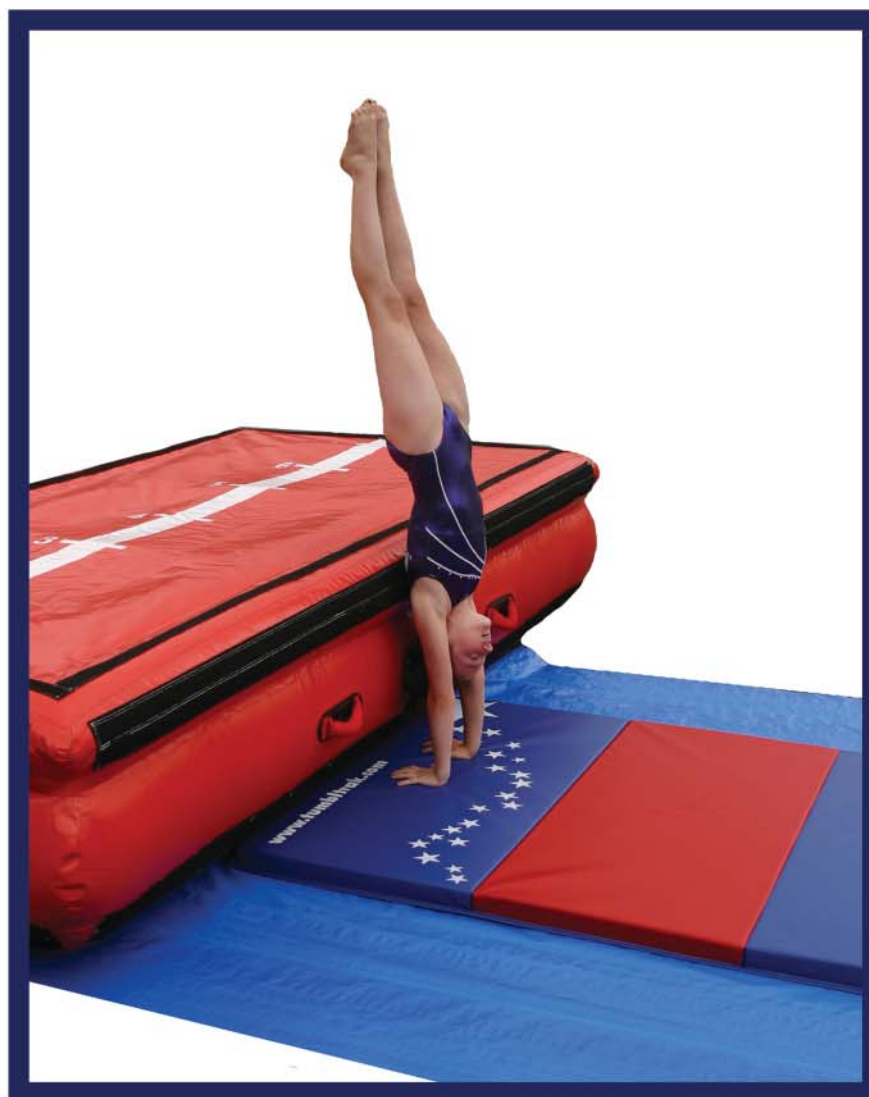


Fall to push-up/ planche position

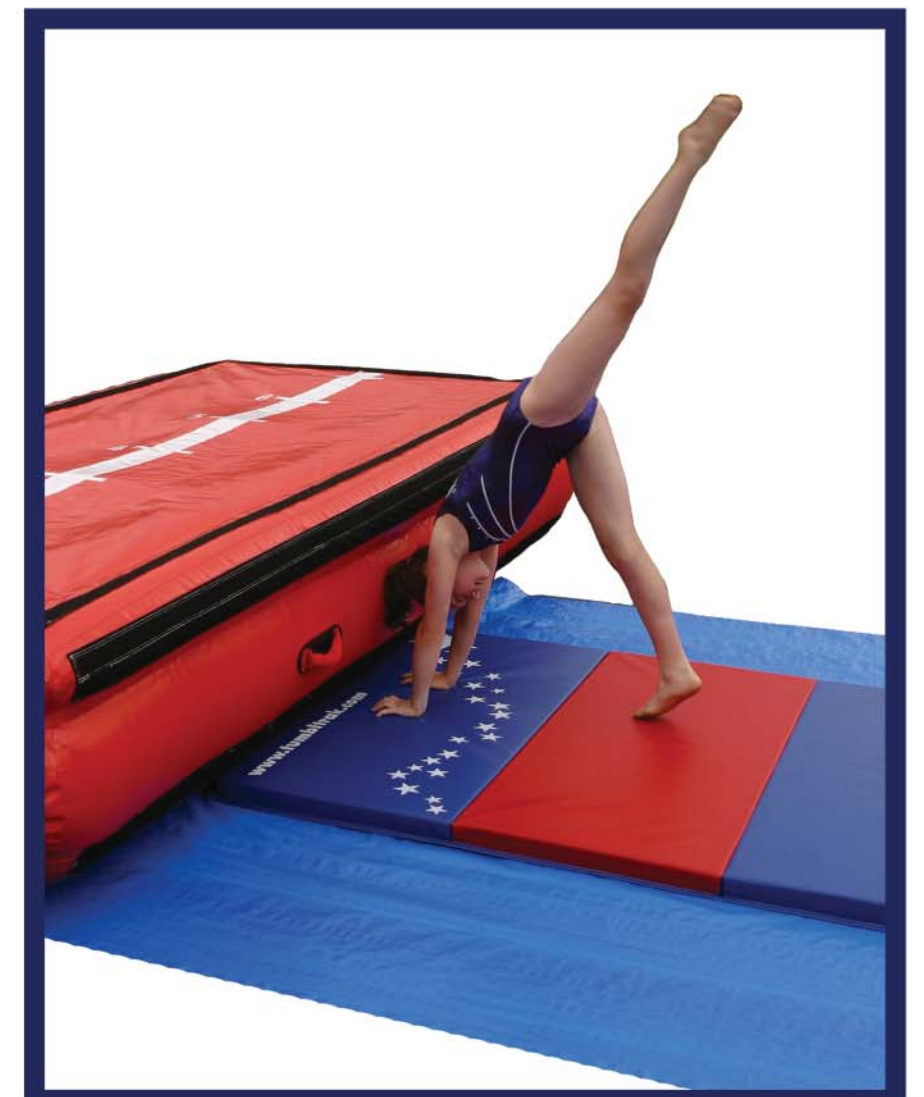
## Waterfall Down



Arch back off raised surface



Straighten legs to handstand



Big step down to lunge

Warning: The materials and information in this poster are meant for reference only and are not a substitute for proper training by a certified coach. 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.

**Tumbl Trak**  
Do It Again

twitter YouTube  
www.tumbltrak.com

