



Mastering the Handstand Push-Up: The Illustrated How-To Guide to the Most Impressive Push-Ups of All (Paperback)

By Grant Michaels

Createspace, United States, 2013. Paperback. Book Condition: New. Illustrated. 232 x 154 mm. Language: English . Brand New Book ***** Print on Demand *****. Master the Handstand Push-Up to Develop the Ultimate Strength and Balance Are you seeking a challenge that will put you miles ahead in the fitness game? If so, then Grant Michaels's *Mastering the Handstand Push-Up* is right up your alley. This quick book is actually a guide to help you master this exercise one step at a time. Michaels understands how difficult of an exercise this can be, and he has given you detailed information on how you can accomplish this goal in a reasonable time. The handstand and push-up each require the body to perform a certain way. With this book you will learn how to bring the two together by building your muscle strength and your endurance. You will combine this with a sense of balance that is necessary to conquer this workout. Why Would You Ever Want to Do a Handstand Push-Up? It is true that this exercise is not for the faint of heart. It is for those who are challenging themselves daily, and who are most likely doing some kind of...



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Reviews

This ebook is worth purchasing. It is written in straightforward words and not hard to understand. You will not feel monotony at any time of your respective time (that's what catalogs are for about in the event you ask me).

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