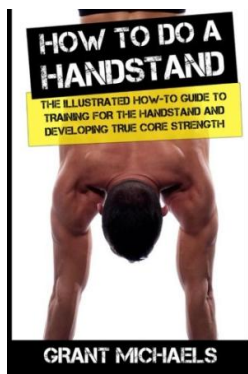


## How to Do a Handstand: The Illustrated How-To Guide to Training for the Handstand and Developing True Core Strength



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