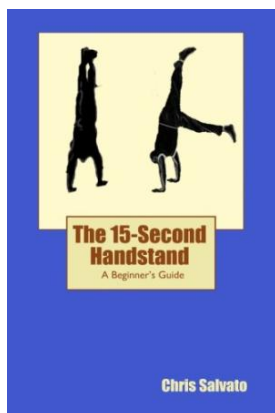


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Swift Archer, LLC, United States, 2014. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.The 15-Second Handstand: A Beginners Guide is the ANSWER to the questions we all really have about the handstand. It is the ONLY book on the market to address the big handstand problem: fear. When learning to handstand, you are normally dealing with a fear of falling over; and The 15-Second handstand lays out a progression...

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- Authored by Chris Salvato
- Released at 2014



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Reviews

Complete manual! Its such a great study. We have read through and so i am confident that i am going to going to go through once again once more down the road. It is extremely difficult to leave it before concluding, once you begin to read the book.

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