

Handstand Progressions

Complete these activities in the order shown.

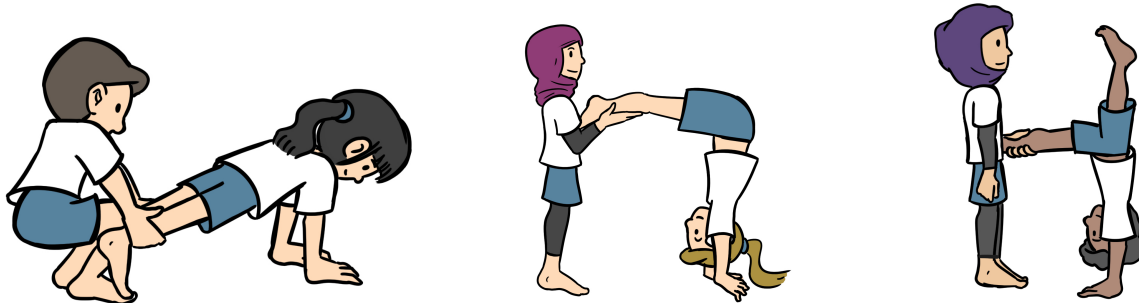
Performer: Squeeze your stomach muscles to help you to stay in a straight line.

Supporter: Bend your knees when lifting and keep your heels on the floor.

Activity 1



Activity 2



Activity 3

