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 with your legs straddled wide shift  
 some weight to your right arm and  
 take your left hand off the ground as  
 you shift onto your right arm don t  
 think hips over arm think working  
 side s leg down this will  
 automatically will raise your  
 opposite leg

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web nov 11 2023 2 bring your legs  
 down one at a time when you re ready

to exit your handstand coming down is  
 exactly like going up only in reverse  
 extend one leg and carefully lower it  
 down in front of your body as you  
 shift your weight into your palms  
 touch down with the ball of your foot  
 then lower your other leg

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web jun 26 2023 here are the steps  
 start in a lunge your arms should be  
 straight above your head and your  
 dominant leg should be in front  
 slightly bent kick up to handstand  
 you want to feel vertical and try to  
 hold the straight body position by  
 squeezing your bottom lower one leg  
 at a time to land in a

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half way through foundation on all but two of the 7 elements which i am stuck just before being half way through on and am 75 done with handstand 1 and am about to start handstand 2

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ll engage the muscles throughout your  
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for 30 60 seconds

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during their execution

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