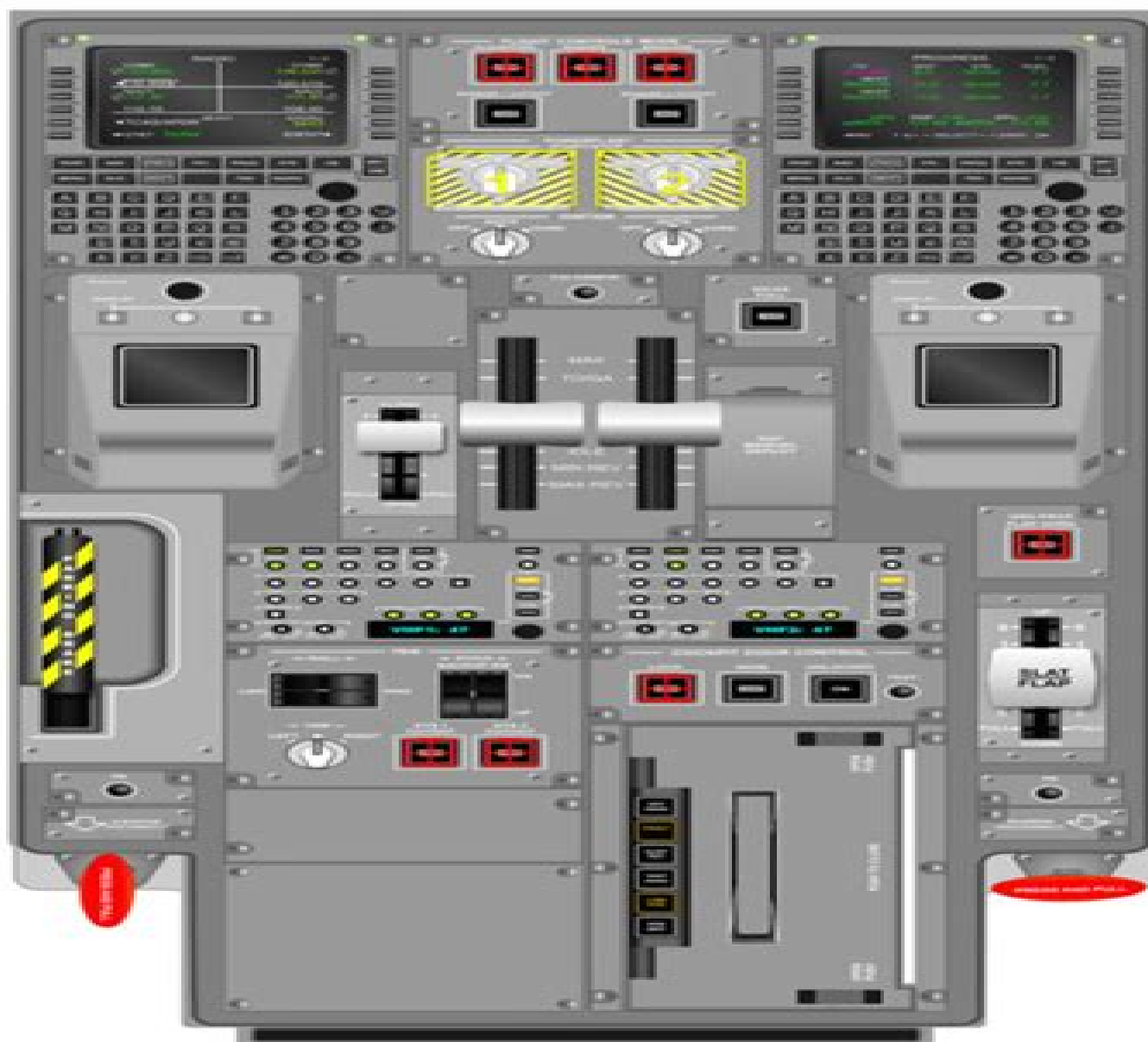


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right arm and take your left hand off the ground as you shift onto your right arm don t think hips over arm think working side

s leg down this will automatically will raise your opposite leg

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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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should be in front slightly bent kick up to handstand you want to feel vertical and try to hold the straight body position by

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