



Mechanical Works Manual Labor Unit

Katrin Zwirglmaier



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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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following the exact schedule but aim for mastery before moving on at the same time do whichever of the earlier pes are most
difficult or feel like weaknesses headstands pe6 for me atm

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enjoyed this program and feel comfortable recommending it to others with a caveat it is made for handstand beginners i
came into this course a raw beginner no handstand practice at all and so this probably explains

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