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Marcel A. Müller



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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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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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