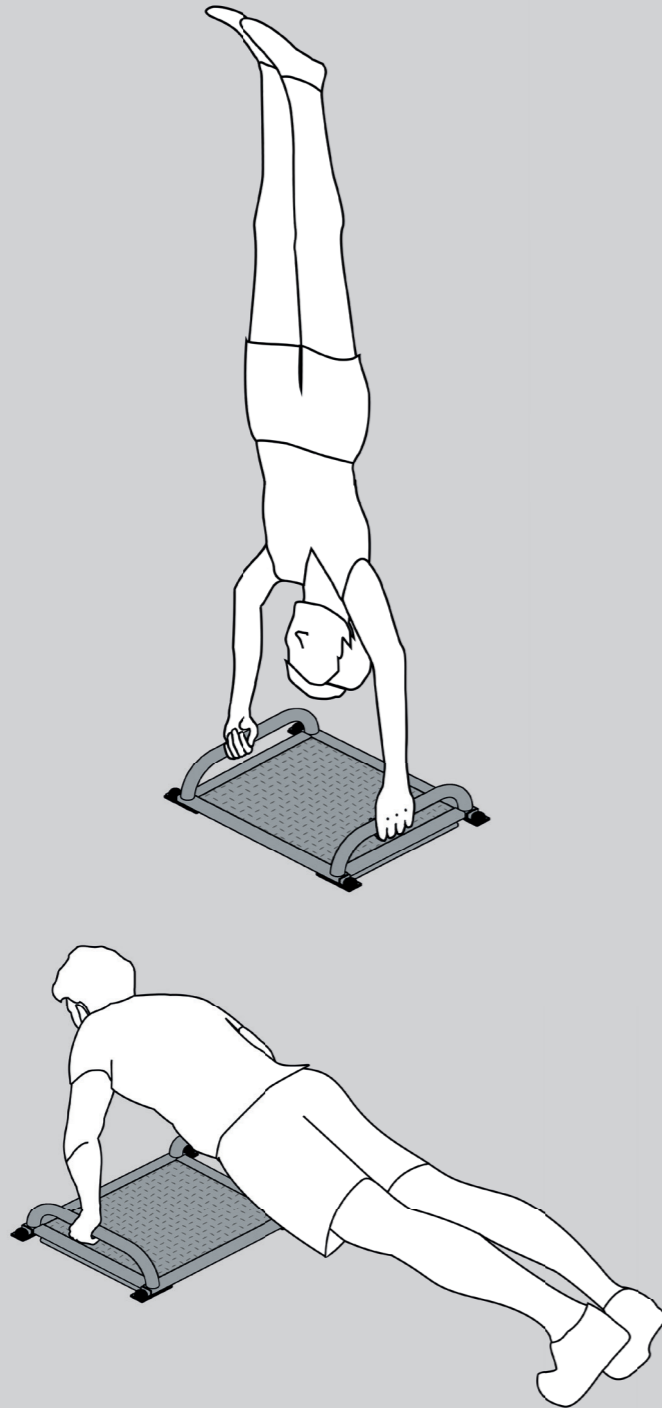


# Handstand Press-Up Trainer

## playfit® Training Options



**STRENGTH**

**CO-ORDINATION**

**MOBILITY**

### BASIC

🕒 5 - 20 repetitions per training session

**DIPS:** Support yourself backwards with one hand on each of the support handles and place your legs hip-width in front of you. The knees should be at right angles and only the heels touching the floor. Then lower the torso almost to ground level before slowly pushing yourself back up.

VARIATION: Extend the legs forward.

### INTERMEDIATE

🕒 SUPPORT: 5 - 20 repetitions

**SUPPORT:** Squat in front of the machine and support yourself with your hands on both support handles. Place your feet backwards one after the other and assume a tense posture. The closer the feet are kept together the better the tension in the torso and buttocks can be built up and maintained. Perform push-ups, making sure the body is stretched.

**HANDSTAND:** Hold onto the two stainless steel bars and swing up into a handstand. Ensure complete body tension.

### ADVANCED

🕒 10 repetitions per side

**SUPPORT:** Return to the push-up position. Then release one hand and turn the whole body up so that the released hand is in the vertical extension of the supporting arm. Remain in this position briefly until you slowly return the hand towards the stainless-steel bar. Then change sides.