



# Hand Balancing Made Easy

*Professor E.M. Orlick*

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“Anyone who is interested in handbalancing, for any reason whatever, whether amateur or professional, gymnast, acrobat, dancer, bodybuilder, weight-lifter, strength athlete, physical culturist, stunt man, diver, coach, teacher, physical instructor, or anything else, will benefit from Prof. E.M. Orlick’s outstanding Handbalancing Courses. They are packed full of valuable information, are easy to understand, easy to follow, and more complete than anything else ever written about the exciting sport of HANDBALANCING.”

-Dr. R.J. Douglas

Everything you need to know to get started (and quickly) on learning hand balancing including how and when to train is covered.

Hand balancing will build great strength but there are certain exercises that can’t be beat in results and functionality. Whether you need to build the strength for a Tiger-Stand Press-up, the core strength to hold a difficult position, or fingers capable of clawing the ground to prevent any chance of overbalancing, everything you need is covered including:

- \* 17 Exercises for the Fingers, Wrists, and Forearms
- \* 10 Exercises for the Arms
- \* 5 Exercises for the Shoulders
- \* 18 Exercises for the Abdominals and Low Back
- \* 6 Exercises for the Legs

This is a complete course on getting into great shape but it is just the launching pad for what’s coming next. Now that you are strong and prepared, discover:

- \* The 7 Exercises to Develop the Muscular Control you Absolutely Must Have to Hold yourself Upside-Down
- \* 10 Headstand Variations that will build your Ability to Balance from any position
- \* 14 other Lead-Up stunts to prepare your mind and body for the handstand ahead, as well as being great tricks in and of themselves

Follow these steps and when you get started with the handstand you’ll find you’re already over half way there. Learn how to master the kick-up and some lesser known variations.

But the handstand is only the beginning. There is so much more:

- \* 20 Different ways to position your Legs
- \* 25 Different ways to position your Hands
- \* 12 Different ways to position your Body and Head
- \* 10 Different ways to change your Finger positions
- \* Add more variety with Body Twisting and Combination Moves
- \* 9 Presses to Build the most Powerful Arms and Shoulders

The best part is each move leads you right into the next. And almost every single exercise is illustrated to show you the proper way to do it.

Once you have mastered the moves above you are in the big leagues and can go after even more exciting moves. These intermediate and advanced stunts are covered extensively in the next two books.

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