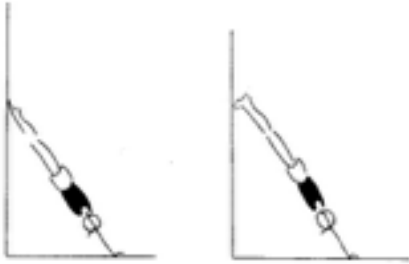


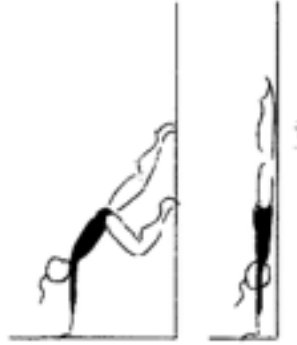
Straddle lever to handstand preps

Try and hold each position for as long as you can and see if you can build to reach minute, repeat everything up to 5 times.

Inclined



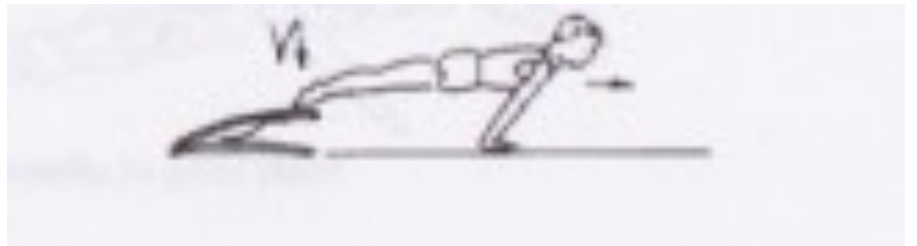
Facing the wall



Kick heels over to wall



Planche



Straddle Lever

