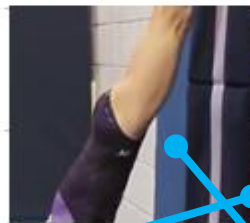


HANDSTAND QUIZ

Now that you've practiced many of the skills in the workbook, let's see how much you know about great HANDSTANDS!

True or False:

- T— F When practicing **Lying Posture** on the floor with bent knees, your lower back should be arched so that you could slide your hand beneath it.
- T— F It is more challenging to keep good **Lying Posture** on the floor when your legs are straight.
- T— F When in **Sitting Posture**, palms should be facing away from the wall.
- T— F Keeping a good "pelvic tilt" in **Standing Posture**, is more challenging than when lying on the floor.
- T— F While doing "Spider Up" with **Shoulder Flexion**, flexing your shoulders will make you look down at your fingers.



Shoulders Flexed



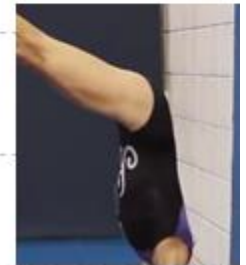
Palms Facing Out



Hips Flat



Head Neutral



Long Lunge



Find the answers at
www.tumbltrak.com