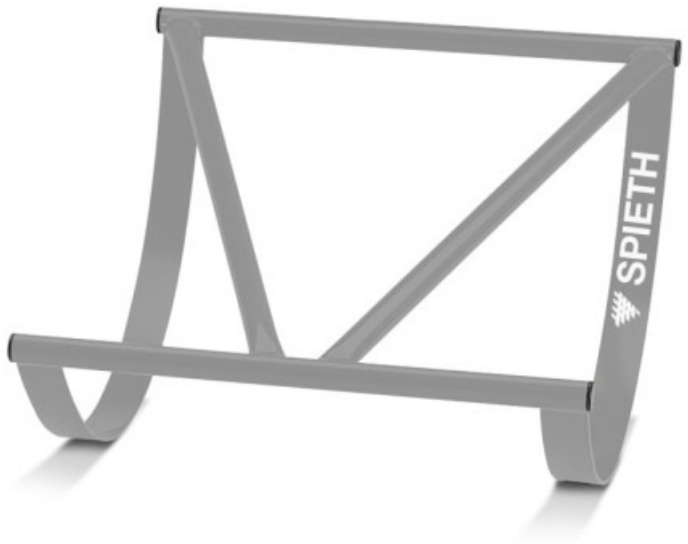
SPIETH - Handstand swing



Details

The next step in handstand training after timber parallettes.

The ergonomic position of the grips guarantees a correct position of the hands which facilities a perfect handstand position.

The swing trainer allow lateral movement only, with hands in the correct position.