

# Hand Stands: Wall



- Place both hands on a wall as pictured above left and hold the position for up to 1 minute or to fatigue.
- Be sure to keep your shoulders relaxed down away from your ears and your chin tucked down slightly to relax the neck.
- As you become stronger, place your hands lower on the wall and/or progress to holding the position standing on one foot and/or using just one hand (as shown above right).
- Do not go so low that you feel you may fall.