



# GRIP

## GENERAL FOREARM CONDITIONING

---

**HANDSTAND FACTORY**  
BY EMMET LOUIS AND  
MIKAEL KRISTIANSEN



## TABLE OF CONTENTS

<b>THEORY</b>	<b>1</b>
HOW TO USE THIS PROGRAM	2
INTELLIGENT PRACTICE	3
PROGRAMMING FOREARM CONDITIONING	8
<b>PRACTICE</b>	<b>11</b>
INTRODUCTON TO GENERAL FOREARM CONDITIONING	12
WRIST PRONATIONS AND SUPINATIONS	13
RADIAL AND ULNAR FLEXION	14
WRIST FLEXIONS AND EXTENSIONS	15
<b>APPENDIX: PROGRAM TEMPLATES</b>	<b>16</b>
PROGRAM TEMPLATES	17
<b>OTHER HANDSTAND PROGRAMS</b>	<b>20</b>
OUR PROGRAMS	22

# AUTHOR'S NOTE



**T**his program came into being from the need for more comprehensive wrist preparation for artists, athletes and movers who like to stand on, or otherwise put weight into, their hands.

My research into the concepts here originated from my own needs. Around 2007, when I was in circus school, I had persistent tendonitis in one arm from overtraining. I tried all the wrist and forearm exercises common in circus and gymnastics. I then came across an offhand comment by a Canadian strength coach named Christian Thibaudeau. The comment went along the lines that one of the common causes of tendonitis in the forearm is not training all functions of the forearm. This led me down a rabbit hole, searching old strongman manuals for forearm training. After coming across sledgehammer training and leverage-based training and putting it to use for one month, my issues had resolved and never returned.

Consider this program a gift to you, a homage to old time strength training. While I feel coming across an elbow issue at some point in your handbalance training is basically unavoidable if you push for the higher levels, this program will provide an added layer of insurance and possibly antidote to the issue.

Yours in staring at the floor,

*Emmet Louis and Mikael Kristiansen, March 2020*



## QUICKSTART GUIDE

1. **GET A GOOD OVERVIEW OF THE MATERIAL BY WATCHING THE VIDEOS AND SKIM READING THIS MANUAL.**
2. **READ THE FIRST HALF OF THIS MANUAL IN MORE DEPTH, HAVE A NOTEBOOK/JOURNAL TO TAKE NOTES, OR PRINT THIS MANUAL SO YOU CAN WRITE ON IT AND HIGHLIGHT SECTIONS YOU WANT TO COME BACK TO.**
3. **BEGIN THE FIRST PHASE OF THE TEMPLATE PROGRAM.**
4. **MONITOR THE INTENSITY OF YOUR TRAINING AND ADAPT THE WEIGHT/LEVER AS YOU GO.**
5. **REWATCH THE VIDEOS AS NEEDED AND REFER TO THE EXERCISE PAGES IN THIS MANUAL.**
6. **REASSESS AFTER COMPLETING THE FIRST PHASE, TAKE A 4 WEEK BREAK, AND THEN DECIDE WHETHER TO REPEAT THE FIRST PHASE OR PROGRESS TO THE SECOND PHASE.**
7. **CYCLE THIS PROGRAM IN AND OUT OF YOUR TRAINING AS NEEDED.**

# THEORY

---



## HOW TO USE THIS PROGRAM

This program is designed to work as supplementary physical preparation for someone working on handbalancing as a skill. It can also benefit any person engaging in a practice where the hands are supporting and controlling weight.

The idea behind this program is that, while the time spent on the hands is enough stimulus to develop the specific strength and physical adaptation needed for handbalancing, we risk overloading and exceeding capacity if we add a conditioning program that uses the same planes as the main work.

Enter our wrist and forearm conditioning program. With the above in mind, the aim of this program is to train all the functions of the forearm, particularly the ones that are less stimulated by the specific training in the handstand itself. Additionally, it aims to strengthen and possibly hypertrophy (make bigger) the muscles of the forearm.

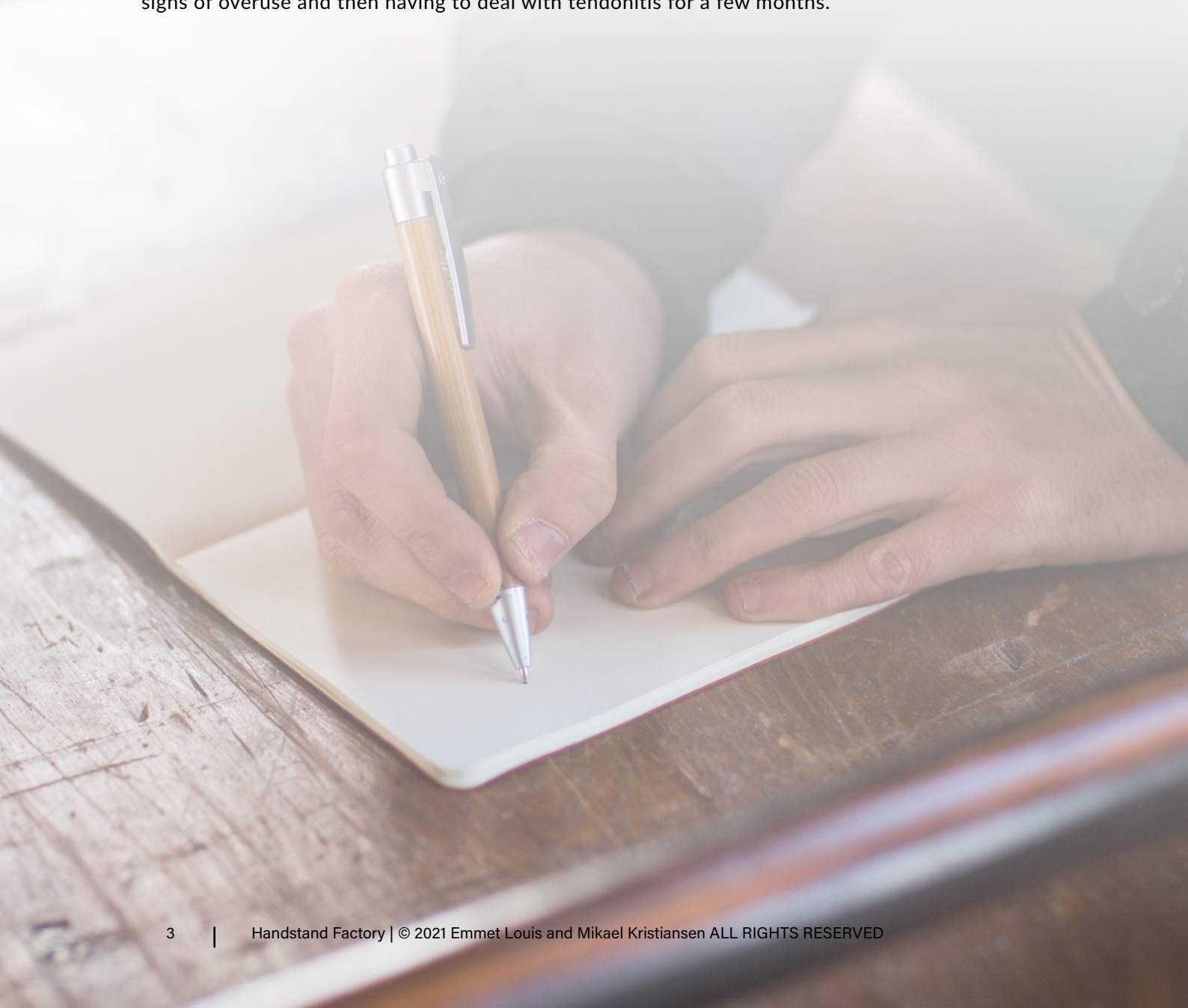
The Grip program can be seen as a specialisation program: we do not constantly run it alongside our regular training, but rather phase it in and out over a few months, and then keep it in the toolbox to top up our forearm resilience when needed.

While the videos of the Grip program contain everything you need in order to understand and do the exercises, we have also written a summary and a bit of context for each video, together with the most important key points and cues. They are compiled in the Practice section of this manual so that you will not have to watch the videos again and again, but can just refer to this manual as you follow the program.

The program templates for Grip can be found at the end of this manual. They consist of two phases, each done for 4 weeks. We suggest taking 4 weeks off between the first and second phase and then taking a break of 2-3 months before repeating. If you want, you can keep cycling them month on, month off for the whole time, but I find that doing this work 1-2 times a year to be sufficient for most.

## INTELLIGENT PRACTICE

When learning to handstand, or even trying to push your handbalancing practice to the next level, it is common to experience some discomfort in the wrists, forearms and elbows. Learning early on to recognise the difference between DOMS (delayed onset muscle soreness) and overuse is an important skill. Giving yourself permission to skip a day of training here and there is a valuable mindset to cultivate. Taking a few days off here and there to recover is better than ignoring first signs of overuse and then having to deal with tendonitis for a few months.





## WEIGHT PLACEMENT IN THE HANDS

---

One of the main stressors in handbalance is having the weight off-centered towards the fingers, forcing the fingers to grip the floor. The ideal placement will allow the weight to be more vertical to the alignment, allowing the fingers to relax between corrections. If the weight is off-centered, the fingers and forearm flexors are under constant tension and will likely exceed their capacity to adapt and recover between sessions.

The ideal placement of the weight in any handstand is approximately in the middle of the hand (as shown in the picture below). We cannot narrow this down any further because the weight will always be shifting regardless of how good we are at balancing. The more precise we become, the less we need to go all the way to the edge of the fingertips and the heel of the palm. In relation to wrist health, it is usually moving too far over the fingers that causes acute problems. As you get better at handstands and can keep the weight further back in the palm, on average, you will be at less risk of this happening. The same thing goes for long-term overuse injuries.



The caveat here is that a beginner at any handstand skill (novice handbalancers as well as advanced balancers learning a new set of skills) can not be expected to concentrate on this one aspect efficiently while also understanding everything else that is going on. Someone just starting out with a two arm handstand has more than enough to think about just being upside down. A beginner will often even feel more control upside down by letting the weight sit slightly closer towards the fingers. The same applies to the press to handstand and one arm handstand as well. As we press to handstand, we need to lean forwards somewhat, and a beginner at pressing will likely need to lean more than someone who is already proficient at it. Your first one arm handstands will likely be even less efficiently balanced in the hand as you desperately try to keep yourself from falling.

The takeaway here is that learning handstands will put you into a risk zone regarding your wrists, and injuries are likely to happen at some point or other, just as with any complex physical activity. To reduce the risk, the best thing you can do is learn about your capacity and not overstep it. At the same time, as you get more comfortable, you can begin to actually observe where in the hand your weight rests and work on being less finger heavy as you balance.



## MONITORING YOUR CAPACITY

---

In handbalancing, people tend to experience wrist and forearm issues in three main situations:

1

### **EXCEEDING YOUR CAPACITY WHEN LEARNING TO FREE-BALANCE THE HANDSTAND.**

When you start moving off the wall and begin working on free balancing it is easy to get caught up in the excitement of being able to hold a handstand, and at this stage it can be tempting to do too much. The situation becomes particularly risky if you have a tendency to keep pressure in the fingertips at all times instead of pulsing on and off to save the balance. This will get better as you refine your efficiency and weight placement over time, but in the transition phase it is easy to overstep your capacity.

Even if the placement is good, there can be a tendency to spend too much time on the hands in the early stages. We recommend spending some time developing an idea of your capacity upside down and using that to guide the length and intensity of your training sessions. A simple way of establishing your capacity is to do five sets of chest to wall handstands. Film yourself straight on (with your back facing the camera) and run a timer to pinpoint the moment when you first lose the shoulder position, either the elevation, flexion or both. This won't be the full time of the hold: for example, the breakdown might occur 40 seconds into a 60-second hold, even if you hold the full 60 seconds by re-establishing the shoulder position.

This test will help calculate a rough guideline of your capacity upside down. In our example, we can calculate that the 40 seconds of good position for 5 sets would give us 200 seconds of handstand time to play with in our freebalance training. So this might be split between kick ups and balances for instance, aiming not to exceed those 200 seconds on our hands.



## 2

### **EXCEEDING YOUR CAPACITY WHEN LEARNING TO PRESS TO HANDSTAND.**

The next stage in handbalance training where people tend to feel a strain on the wrists and forearms is when they begin achieving their first presses to handstand from standing. Generally, when the press still requires maximum effort, it will be executed with sloppy technique and tends to have too much forward pressure, placing a lot of weight in the fingertips.

Paying attention to having the weight and pressure strongly aligned over the placement spot and pushing through this zone will help a lot. This applies to all types of pressing to handstand, either straddle or pike pressing from standing (high press) or doing a stalder or L-Sit stalder press to handstand (low press).

We've also noticed that, when experiencing the first success with pressing to handstand, there can be a strong temptation to just do too many repetitions of it, again exceeding capacity. While you might finally have developed the strength to execute the press to handstand, the tendons and ligaments have to adapt too, and this takes time. To mitigate the risk, first spend due time on the lead-up exercises and flexibility components; when you get to the press itself, slowly increase the reps.



## 3

**EXCEEDING YOUR CAPACITY ON ONE ARM HANDSTANDS.**

Once you get to training the one arm handstand, you will, or should have, a developed sense of balance in the handstand as well as a strong control of the shoulder position. When learning to balance on one arm, there will be a period of building up the strength in the one arm position as well as training the basic planes of rebalancing on one arm: lateral, under-and-over balance and rotation. However, once you get to the point of lifting the hand off the ground, you must learn to control turbulent swings in balance in every direction, not simply forwards and backwards as in the two arm handstand. This is what Mikael accurately terms the tornado or maelstrom of one arm balancing. If your weight is not placed efficiently in your hands, the bigger swings can cause your wrists and fingers to experience more strain than they have previously.

As you get more advanced and increase your training volume, it's advisable to have an alternating schedule: one day working on blocks / canes and one day working on the floor. This will change the hand placement, reducing the likelihood of developing over-use injuries from always using the same surface.

These would be the three main times when most wrist and forearm issues occur. Nevertheless, they can happen at any time from doing too much and exceeding your capacity to recover.



# PROGRAMMING FOREARM CONDITIONING

## CONDITIONING VS. ADAPTATION IN SKILL TRAINING

---

Seeing as we have limited physical capacity to spend on skill training, we want to make sure not to use too much of it on conditioning.

There is a distinct difference between warming up for a skill session, specific physical preparation for the skill, and general physical preparation.

**Warming up** is the act of getting ready for your training on the day. It is a broad topic, so we will only speak on the wrists here. We want the wrists prepared to receive the weight of the body. What this requires will vary day to day and person to person. Things to include would be basic joint rotations and stretches in various directions, either held for short times 10-30s or moving into and out of them. Then gradually load the weight into the wrist.

**Conditioning** the wrists and forearms for handbalance is best done while learning the handstand as the movement and strength demands of handbalance are quite specific. This will build the specific physical preparation required to balance and hold the handstand. So the specific conditioning will be learnt and trained using the various rebalance and placement drills of your handbalancing program.

**General physical preparation** is aimed at training the general functions of the wrists and forearm motions so all directions receive a stimulus and not just the specific ones for handbalancing. This program falls under this category.



## INTENSITY OF THE GRIP TRAINING (WEIGHT/LEVER)

---

As you will see below, the program is easy to follow along. However, how much weight and leverage to use is something you will have to test for yourself and your current abilities. When selecting weights and leverages to use in this program, you want to aim to be able to complete the set for the required repetitions with 1-2 reps in reserve. We want a casual workout pace here as this is supplementary training and not the main course, so to speak.



Over the course of this program, the aim will be to increase the weight as you are able to do the full sets at the prescribed reps.



## TECHNICAL TERMS

The videos of this program are named after the different functions of the forearm. For reference, you can see the different terms explained in Figures 1, 2 and 3 below.



# PRACTICE

---



# INTRODUCTON TO GENERAL FOREARM CONDITIONING



Press the Play button on the exercise images below to access the video library.  
You must be logged in to your member account to access the videos.

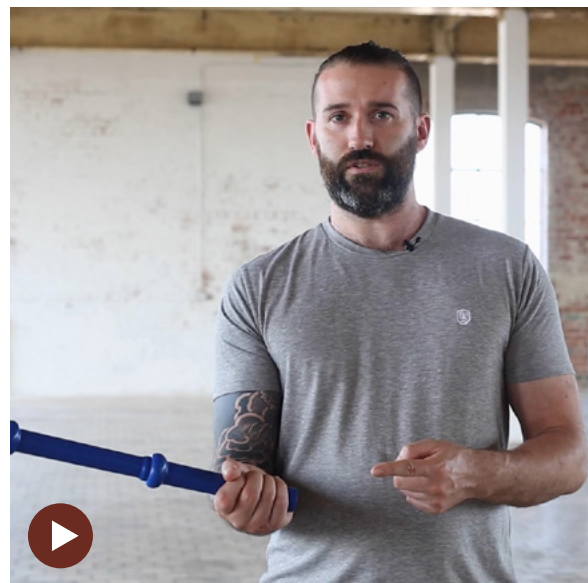


## WRIST PRONATIONS AND SUPINATIONS

Pronation and supination of the forearm happen at a micro level in handbalancing, but the pronators and supinators are generally under trained. In some cases, they can even be quite tight. The pronators and supinators also form an important couplet that helps stabilize the elbow when it is in a locked position.

The movements in this video aim to train the pronators and the supinators of the forearm. We do this with two elbow positions as shown in the video: a bent arm and a straighter arm.

The main key in this exercise is to allow the stick or weight to pull you into a light stretch on each movement. Regrip the stick or implement, then lift. Be intentional and really feel the muscles firing up.



### KEYPOINTS

- Relax and re-establish the grip on each repetition.
- Wind up the arm until you feel a light stretch.

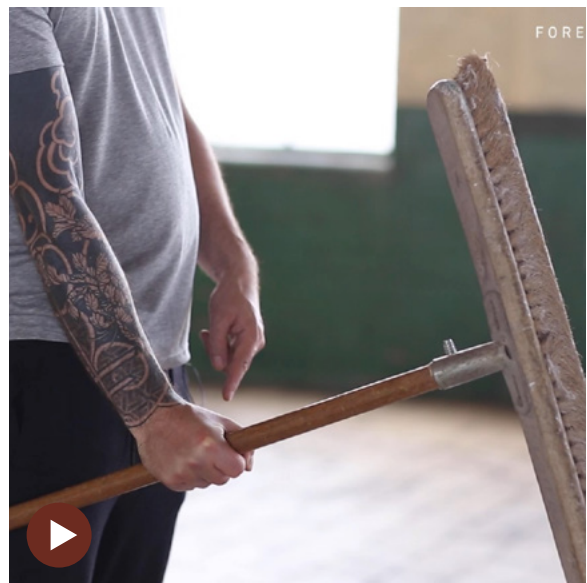


## RADIAL AND ULNAR FLEXION

In these drills you want to take your time to find the angle of the arm relative to the body that allows for the best stretch in the extended positions.

Pay attention to the muscles working in the forearm and mentally make them contract harder on each rep.

While you rarely use these exact motions in a floor handstand, you will most certainly encounter them if you use parallettes or dip bars for handstands, in which case these motions will be one of the main controls of balance.



### KEYPOINTS

- Aim to feel a stretch along the section of the arm aligned with the stick.
- Relax and reestablish the grip on each repetition.
- In the pause, contract both the grip and the forearms as hard as possible.



## WRIST FLEXIONS AND EXTENSIONS

If we look at most common wrist preparation programs and warm-ups, you can see that they often seem to be missing the neutral-to-fully extended and neutral-to-fully flexed components. While the fully flexed position gets trained with pulling exercises such as false grip chin-ups or the full muscle-ups, the neutral-to-fully extended seems widely neglected.

These exercises have been the mainstay of those craving blacksmith-like forearms for generations, and while they may seem basic, they are very effective. You might not want blacksmith-like forearms (for shame!), but spending some time working on these exercises will help to condition your forearms for the rigors of handbalance.



### KEYPOINTS

- Contract hard at the top of both motions and try to lift higher.
- Using fat grips on the dumbbells is also an option.

# **APPENDIX: PROGRAM TEMPLATES**

---



# PROGRAM TEMPLATES

## THE PROGRAM:

---

The program consists of two phases. Each phase is done for 4 weeks, after which I suggest taking 4 weeks off between the first and second phase and then taking a break of 2-3 months before repeating. If you want, you can keep cycling them month on, month off for the whole time, but I find that doing this work 1-2 times a year to be sufficient for most.

## PROGRESSION:

---

We are using a linear progression model in this program. This means that your aim is to add 1-2 repetitions per set to each exercise per repeat of the program (so in each session). Once you can achieve all the sets and reps for an exercise, you increase the weight or increase the leverage of the exercise.

An example would be if the exercise calls for 3 sets of 12-15 repetitions, you would aim to select a weight that you could lift 14 times in the first set. Then it might drop to 12 and 12 in the next two sets. The next time you do the program you will aim to do 15, 14, 13, reps until you do a work out with all sets consisting of 15 repetitions. Then you will increase the resistance (weight or lever) so the first set is harder and repeat.

## FREQUENCY:

---

This program is best trained twice a week, leaving a three to four day gap between sessions. It is best done after training and on the same day as your handbalance training.



## TEMPO:

The tempo of an exercise is the speed at which one repetition is performed. Each rep has 4 phases:

**Eccentric:**

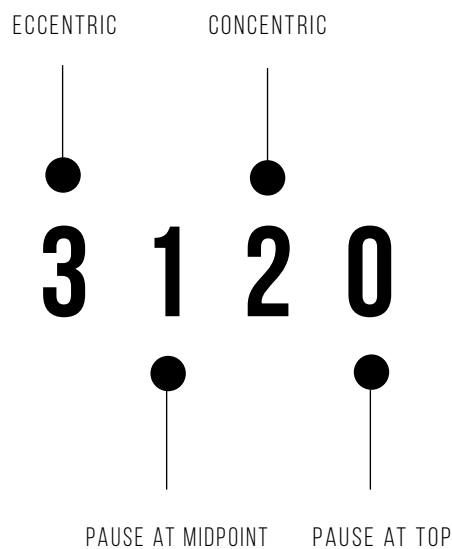
lowering phase of the exercise, where the affected muscles are lengthened.

**Pause at the midpoint**/bottom of the rep.

**Concentric:**

the lifting phase of the rep where the affected muscles are shortened.

**Pause at the top.**



The above graphic is how tempo is notated. One repetition at this tempo would consist of a 3-second eccentric with a 1-second pause at the midpoint, followed by a 2-second concentric and no pause at the top before starting the next rep.



## PHASES

### PHASE ONE

Order	Exercise	Sets	Reps	Tempo	Rest	Pages
A1	Bent arm supination	3	12-15	2110	60s	13
A2	Bent arm pronation	3	12-15	2110	60s	13
B1	Ulnar Flexion	3	12-15	2111	60s	14
B2	Radial Flexion	3	12-15	2111	60s	14
C1	Wrist Extension	3	12-15	1212	60s	15
C2	Wrist Flexion	3	12-15	1212	60s	15

### PHASE TWO

Order	Exercise	Sets	Reps	Tempo	Rest	Pages
A1	Straight Arm Supination	3	8-10	2110	60s	13
A2	Straight Arm Pronation	3	8-10	2110	60s	13
B1	Ulnar Flexion	3	8-10	2210	60s	14
B2	Radial Flexion	3	8-10	2210	60s	14
C1	Wrist Extension	3	8-10	2012	60s	15
C2	Wrist Flexion	3	8-10	2012	60s	15

# OTHER HANDSTAND PROGRAMS

---



**F**rom all of us at Handstand Factory, we hope the Grip program will serve you well for years to come, and aid you in your handbalancing practice. If you've enjoyed this program, you might also like our other programs for learning the art of handbalancing! More information on these can be found in the next pages, or on [handstandfactory.com](https://handstandfactory.com).



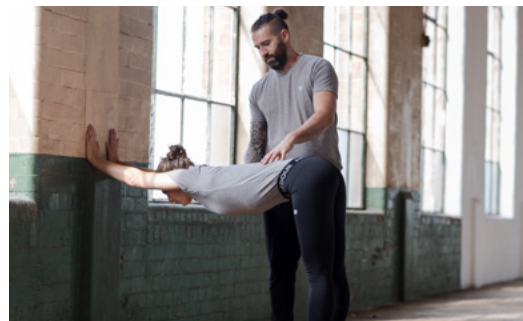
# PUSH

## STRAIGHT TWO-ARM HANDSTAND

The Push program is designed to take you from absolutely no handbalancing experience to a comfortable, straight two-arm handstand.

Starting with physical preparation and basic conditioning for wrists, forearms and shoulders all the way to learning how to kick up and exit safely out of a freestanding handstand. Learn to freebalance with our many rebalancing drills and gain a theoretical and practical understanding of the alignment of the straight handstand.

With the Push program, you will gain a technical understanding of the mechanics of the straight two-arm handstand, and all necessary flexibility components, and learn how to program your own training and build an independent, individual handbalancing practice.



**€120** + VAT when applicable

### INCLUDES

114 Page Manual | 43 Videos  
6-12 Months of Programmed Training  
Shoulder and Pike Flexibility Modules  
Forum Support | Lifetime Access

No Subscription - Handstand Factory programs are sold on a once off payment basis.

### PREREQUISITES

- Determination
- Curiosity
- The ability to train autonomously

For more information or to begin training this program now, head over to:

**HANDSTANDFACTORY.COM/PUSH**



# KEEP PUSHING

## FREEDOM ON TWO ARMS

We made the Keep Pushing program to begin teaching the basic repertoire of classic handbalance training.

This program teaches you the basic shapes of two-arm balancing: Tuck, Straddle and Pike. First, you will learn to find the shape and balance it at the wall, and then we move on to freestanding shapes, entering directly into the shape, as well as moving freely between them. The goals are to build more awareness and control on two arms by getting used to moving the legs as well as developing more endurance, strength and coordination.

Apart from allowing you to express yourself freely and creatively on two arms, it will also be an important stepping stone for the more advanced skills.

**€100** + VAT when applicable

### INCLUDES

- 90 Page Manual | 25 Videos
- 7-12 Months of Programmed Training
- Endurance Building Module
- Forum Support | Lifetime Access

No Subscription - Handstand Factory programs are sold on a once off payment basis.



### PREREQUISITES

- About 20 seconds freestanding balance in a straight handstand
- Consistent Kick up to handstand

For more information or to begin training this program now, head over to:

**HANDSTANDFACTORY.COM/KEEP-PUSHING**



# PRESS

## PIKE, STRADDLE AND STALDER PRESS TO HANDSTAND

Press brings you a linear, customizable and detailed program for developing your standing straddle press, pike press and eventually the stalder press.

Because of the tremendous flexibility component of pressing skills, we have included a large pike and pancake flexibility section in this program.

We teach the press to handstand using a technique that allows you to develop all the necessary components for this skill at the same time, combining low pressing, high pressing and compression/flexibility work.

With targeted strength and flexibility work, any limiting factor that you may have will be able to be overcome!

**€199** + VAT when applicable

### INCLUDES

- 100 Page Manual | 40 Videos
- 12-18 Months of Programmed Training
- Pancake and Pike Flexibility Modules
- Forum Support | Lifetime Access

No Subscription - Handstand Factory programs are sold on a once off payment basis.



### PREREQUISITES

- About one minute freestanding handstand
- Good control over leg movement in a handstand

For more information or to begin training this program now, head over to:

**HANDSTANDFACTORY.COM/PRESS**



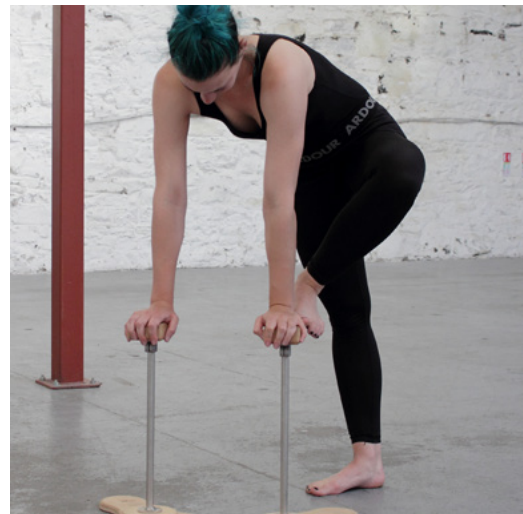
# EXPAND

## ADVANCED BASICS

Expand your handbalancing practice with handstand walking, blocks and canes training, and head movements while inverted.

This program takes a detour from the linear handbalance training syllabus – think of it as an expansion pack to your handstand training! Elements such as walking on your hands and using handstand equipment are basics for upside-down control. In this sense, Expand aims both to enrich and to consolidate the abilities of the intermediate handstand practitioner.

The program covers moving in space on hands (walking, jumping, rolling out), using blocks and canes (entries, exits, specific drills) and head movements in a handstand.



**€100** + VAT when applicable

### INCLUDES

- 70 Page Manual | 23 Videos
- 3 Skill Modules
- Incorporates into your current practice
- Forum Support | Lifetime Access

No Subscription - Handstand Factory programs are sold on a once off payment basis.

### PREREQUISITES

- Consistent 30s handstand in straight or straddle shapes
- Familiarity with the jumping straddle entry

For more information or to begin training this program now, head over to:

**HANDSTANDFACTORY.COM/EXPAND**



# BEND

## THE MEXICAN HANDSTAND

Bend teaches the Mexican Handstand, also known as the hollowback handstand, and its variations.

The goal of Bend is to teach you the freestanding Mexican handstand and some variations based on it. In particular, we are focusing on how to develop flexibility in the backbend and then how to apply this flexibility to your handstand practice, teaching your body to access this while balancing. Mexican-style handstands could be a complete practice by themselves or can fit into a rounded handstand practice.

By the end of this program, our aim is for you to be able to perform a Mexican handstand, a floor bridge and variations of the Mexican-style handstand such as the four or chair, the half-split Mexican and the tucked-leg Mexican.

**€130** + VAT when applicable

### INCLUDES

- 60 Page Manual | 26 Videos
- 12-18 Months of Programmed Training
- Backbend Modules and Mexican Variations
- Forum Support | Lifetime Access

No Subscription - Handstand Factory programs are sold on a once off payment basis.

For more information or to begin training this program now, head over to:

**HANDSTANDFACTORY.COM/BEND**



### PREREQUISITES

- A consistent 20-30s straight handstand
- Familiarity with leg movements in a handstand, tuck and straddle shapes



# PUSH HARDER

## STRADDLE ONE-ARM HANDSTAND

The Push Harder program is designed to take you from a comfortable two-arm handstand to a straddle one-arm handstand.

We teach the one-arm handstand using a technique that is expansive. The Push Harder program covers head-in handstands, flagging, block walks, one-arm preparation and the actual one-arm handstand, plus a full chapter on side-split flexibility. You will also be guided to select suitable exercises, covering skill work, conditioning, balance drills and side-split flexibility.

With the Push Harder program, you will gain a technical understanding of the mechanics of the one-arm handstand and the side split, and learn how to program your own training and build an independent, individual handbalancing practice.

**€189** + VAT when applicable

### INCLUDES

- 95 Page Manual | 39 Videos
- 12-18 Months of Programmed Training
- Side Splits Flexibility Module
- Forum Support | Lifetime Access

No Subscription - Handstand Factory programs are sold on a once off payment basis.



### PREREQUISITES

- About a 60s+ freestanding handstand
- Full control of the legs on two arms
- Straddle Press to Handstand with good technique
- The ability to grind

For more information or to begin training this program now, head over to:

**[HANDSTANDFACTORY.COM/PUSH-HARDER](https://handstandfactory.com/push-harder)**



# HSPU

## FULL-RANGE HANDSTAND PUSH-UP

The HSPU program is designed to teach you the full range, freestanding handstand push-up.

The HSPU program looks at the handstand push-up as a movement requiring both precision and skill as much as strength. Our approach is to start with simple setups, then slowly increase capacity and then introduce more variables.

By the end of this program, our aim is for you to be able to perform the handstand push-up from beginning in a handstand on a raised surface, parallettes, dip bars, a box or platform etc. and lower to a fully bent arm position, pause and then push back up to a fully locked elbows and shoulders elevated handstand.



**€130** + VAT when applicable

### INCLUDES

- 70 Page Manual | 25 Videos
- 8-12 Months of Programmed Training
- Strength Training Modules
- Forum Support | Lifetime Access

No Subscription - Handstand Factory programs are sold on a once off payment basis.

### PREREQUISITES

- Consistent freestanding handstand for at least 30 seconds
- 12+ push-ups
- 5 weighted dips (10% body weight)

For more information or to begin training this program now, head over to:

**[HANDSTANDFACTORY.COM/HSPU](https://handstandfactory.com/hspu)**



# THE HANDSTANDCAST

**H**andstand Factory proudly presents: [The Handstandcast](#). Emmet Louis and Mikael Kristiansen talk all things handstands. They speak about why they teach handbalancing, the way they do, the fact that there are loads of ways to do things, and explore all kinds of corners of the handbalancing universe.

This podcast is brought to you by Handstand Factory and is produced by Motion Impulse. To keep up with our weekly episodes, and help us spread the word, make sure to follow and subscribe to the Handstandcast wherever you listen to podcasts!

[🎧 Spotify](#) [📺 YouTube](#) [📺 Vimeo](#) [📡 RSS](#) [🍏 Apple Podcasts](#) [📍 Google Podcasts](#)

# GRIP

HANDSTAND FACTORY

BY EMMET LOUIS & MIKAEL KRISTIANSEN

---

**MODELS: EMMET LOUIS**

**EDITED BY: ELISE MISSALL AND ISAAC LUCKSTED**

**COPY EDITING: JAKE MACPHAIL**

**GRAPHICS & DESIGN: AUDREY WILLIAMSON AND SOPHIE MISSALL**

**VIDEOGRAPHY: A&R BELFAST**

**PHOTOGRAPHY: A&R BELFAST AND SEVE LIGHTDRAWING**

**APPAREL: ARDOUR**

The making of this free program was made possible by our crowdfunding campaign on Kickstarter, and subsequent sales of the Handstand Factory programs. A huge thank you to all our supporters!!

**PRODUCED BY MOTION IMPULSE LTD**

