

The book was found

How To Achieve The Tiger Bend

How to Achieve the **TIGER BEND**



by Logan Christopher
www.LegendaryStrength.com



Synopsis

The tiger bend has to be one of the coolest and most old-school hand balancing moves out there. Famous strongman Sig Klein was a master of them. He is recorded as having done 13 of them consecutively and possibly even more. Klein was a huge proponent of handstand work for developing the arms in both strength and form. It involves going from a forearm stand up into a handstand. It's tougher than freestanding handstand pushups and requires much more skill. Very few people in the world can do one. Do you want to be one of those few? My name is Logan Christopher and I just achieved my first Tiger Bend. The truth is it's only been a side goal of mine, though I focused on it for about two weeks before achieving it. Anyway someone asked me about my process for achieving it so I sat down to outline it. What I ended up with was a short ebook, one that shows you all the steps you need to achieve to make your way on this path. How do I know this? Because it's exactly what I did. And at 6'2", 185 lbs I'm not your average gymnast. Inside you'll find all the lead-up exercises I used. As a special bonus there are tips and tricks for the Tiger Bend written up by four of the best hand balancers out there, Professor Paulinetti, Orlick, Bob Jones and Dr. Frank Thompson, plus the York take on it.

Book Information

File Size: 1018 KB

Print Length: 38 pages

Publication Date: February 27, 2013

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00BMTYOPA

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #428,753 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #43

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Gymnastics #112

in Books > Sports & Outdoors > Individual Sports > Gymnastics #192 in Kindle Store >

Kindle Short Reads > One hour (33-43 pages) > Sports & Outdoors

[Download to continue reading...](#)

Hiking Big Bend National Park: A Guide to the Big Bend Area
The Big Bend Area's Greatest Hiking Adventures, including Big Bend Ranch State Park (Regional Hiking Series) How to Achieve the Tiger Bend Big Bend Vistas: A Geological Exploration of the Big Bend Big Bend Vistas: Journeys through Big Bend National Park Positive Intelligence: Why Only 20% of Teams and Individuals Achieve Their True Potential AND HOW YOU CAN ACHIEVE YOURS Goodnight, Daniel Tiger (Daniel Tiger's Neighborhood) Daniel Tiger's 5-Minute Stories (Daniel Tiger's Neighborhood) Tiger Family Trip (Daniel Tiger's Neighborhood) Merry Christmas, Daniel Tiger!: A Lift-the-Flap Book (Daniel Tiger's Neighborhood) Tiger's Curse (Book 1 in the Tiger's Curse Series) Tiger-Tiger, Is It True?: Four Questions to Make You Smile Again Tiger's Voyage (Book 3 in the Tiger's Curse Series) Tiger's Quest (Book 2 in the Tiger's Curse Series) Daniel Tiger Ready-to-Read Value Pack: Thank You Day; Friends Help Each Other; Daniel Plays Ball; Daniel Goes Out for Dinner; Daniel Feels Left Out; ... the Library (Daniel Tiger's Neighborhood) Happy Halloween, Daniel Tiger!: A Lift-the-Flap Book (Daniel Tiger's Neighborhood) What Time Is It, Daniel Tiger? (Daniel Tiger's Neighborhood) Tiger Math: Learning To Graph From A Baby Tiger (Turtleback School & Library Binding Edition) Tiger Math: Learning to Graph from a Baby Tiger Tiger Coloring Book for Adults: Stress Relieving Coloring Book for Grown-ups Featuring 40 Paisley and Henna Tiger Designs (Animals) (Volume 5) My Choice, My Chance: Men Of Crooked Bend Book 2

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)