

## Handstand challenge

- How long can you hold a handstand against a wall?
- Face away from wall, hands on floor and place feet on wall.
- Arms strong and straight
- Tuck head in
- Walk hands in as close as is comfortable and hold, look at the pictures opposite to see different difficulties.
- Try and beat your score each day and get closer to the wall.

## Extra challenges

- Can you do try it with one hand...?
- Can you kick off the wall to balance without the wall

