

Back Bend Down to Half Round

PURPOSE:

to learn and practice good body positions during a back bend



Note good head position



CAUTION

Any activity involving motion, rotation or height creates the possibility of serious injury including permanent paralysis and even death from landing or falling on the neck, head or other parts of the body. Gymnastic mats and floors cannot and do not eliminate this hazard entirely. You still assume a risk of serious injury when using this equipment. Before each use, always check apparatus for damages or wear. If in doubt, do not use the product. This gymnastic apparatus can move during use. So, always check for proper positioning before each use.

Place the “Half-Round” piece of the Handspring Trainer on the floor with the curved side up. This provides a surface about 18 inches high, as a place for hands to land. Stretch shoulders backward, keeping head straight. As the shoulders descend backward, keep the ears between the elbows, using shoulder flexion, not lower back, to bend toward the Half-Round. Slow back bends show good control.

