



How to Achieve the Tiger Bend

Logan Christopher

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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.

Its 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..

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