

**DON'T DO THAT**  
EXERCISE AND TRAINING  
TECHNIQUES THAT YOU SHOULD  
NOT DO

# Handstand Walk

This is another exercise that I have to ask why??? What is the goal here. I see very little if any benefit from this while I see a lot of risk. I guess if you are extremely fit, are a gymnast, and want a goal to do this I can say maybe with a lot of ????? There are so many risks to your wrist, back, and especially shoulders not to mention your eyes. As mentioned with regular headstands it can cause spikes in intraocular pressure (IOP), the pressure of fluid in the eye. An Indian study found that when yoga practitioners did headstands, their IOP temporarily doubled, on average. I have a couple clients how are opticians and they claim they have seen a connection with detached retinas and the performance of head stands. Another risk concerns people with glaucoma. In glaucoma, pressure builds up around the eye, impairing vision. A handstand walk exacerbates this pressure. Also, if the blood vessels in your eyes have ever burst or you see floaters, inverted poses are not for you. The same goes for anyone who has had recent eye surgery. Added to this if you have high blood pressure you are at increased risk. Headstands increase your blood pressure from 100/60 mm Hg to 150/110 mm Hg in your head, which could possibly increase the risk of a stroke (see more here). **Any questionable benefits from doing handstands (no research to back benefits up) do not out weigh so many risks.**

THIS IS ANOTHER  
VERY ADVANCED  
CROSSFIT EXERCISE.



INTERNAL ROTATION AT THE SHOULDER. This can lead to the posterior rotator cuff muscles contracting with more force in an attempt to pull the humeral head back into place, leading to rotator cuff muscle fatigue and injury.

Top 25 Crossfit  
Exercises from [BoxRox.com](http://BoxRox.com)

**CrossFit**