

How To Do A Backflip

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Start With Stretches



Leg Stretches
Are Important!



Practice Doing A Back HandSpring



Get A Spotter



Let Spotter Get
You In Position



Practice With Spotter



Practice Till
You Learn How
To Land(Took
Me 10 Times)



Should Look Like
This In The
End(More In The
Back)



This Is Anthony Singh

