



# Gymnastics Drills and Conditioning Exercises

By Karen M Goeller

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Paperback. 90 pages. Dimensions: 10.8in. x 8.4in. x

0.2in. Gymnastics Training Book: Gymnastics Drills and

Conditioning Exercises. . . The gymnastics drills and

conditioning exercises in this book will help speed the learning

process. Every gymnast must master the gymnastics skills

addressed in this drills and conditioning book. The topics

include running, vaulting, dance, uneven bars, and press

handstand. In the uneven bars section there are drills for the

glide kip, cast handstand, and clear hip among other skills. In

the dance section there are drills and conditioning exercises for

the split leap, straddle jump, and other dance skills. These drills

are perfect for gymnasts in levels one through eight. This book

was originally published in 2001. Very well written and simple

format with stick figure illustrations. There are over 100 drills

and conditioning exercises in this book! BOOK REVIEWS. . . I

have several of Karens books, and I use them constantly. The

handstand drills book, in particular, has been invaluable in

teaching my gymnasts about basic body tightness and control

as well as the handstand. Each books contains such a wide

variety of drills that...



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