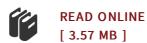




Gymnastics Drills and Conditioning Exercises

By Karen M Goeller

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. 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...



Reviews

Extensive guideline for book fanatics. Sure, it is engage in, nonetheless an amazing and interesting literature. I am effortlessly can get a delight of studying a composed pdf.

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The ebook is great and fantastic. it was writtern very completely and valuable. I am just quickly could get a delight of reading through a composed book.

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I Wish My Teacher Knew: How One Question Can Change Everything for Our Kids (Hardback)

The Perseus Books Group, United States, 2016. Hardback. Book Condition: New. 210 x 140 mm. Language: English . Brand New Book. One day, third-grade teacher Kyle Schwartz asked her students to fill-in-the-blank in this sentence: I wish my teacher knew . The...