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Overcoming Gravity: A Systematic Approach to Gymnastics and Bodyweight Strength by Steven Low (2011-11-12) [Steven Low, Valentin Uzunov] on Amazon.com. \*FREE\* shipping on qualifying offers. Low, Steven

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Overcoming Gravity 2. The first edition of Steven's bestselling book, Overcoming Gravity: A Systematic Approach to Gymnastics and Bodyweight Strength, was originally released on Amazon in November of 2011. Five years and several hundred positive reviews later, the second edition of Overcoming Gravity is now available—revised, expanded,...

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This is one of the most under-rated gems out there. Far superior to other body weight/calisthenic books that are heavy on the marketing and so-so on the actual content. The instructions on progressing to a one arm pull-up alone, were worth the cost. Tips and progressions I've never read about before ...

### **Overcoming Gravity: A Systematic Approach to Gymnastics ...**

The Overcoming Gravity: A Systematic Approach to Gymnastics and Bodyweight Strength (Second Edition) has been vastly expanded from the First Edition's 542 pages to the Second Edition's 598 pages. Nearly 50% more content was packed into the book word, which went from a word content of 165,000 to nearly 250,000.

### **Overcoming Gravity 2nd Edition - Steven Low**

Overcoming Gravity: A Systematic Approach to Gymnastics and Bodyweight Strength, Second Edition by Steven Low Commonly referred to by readers as an "exercise Bible," Overcoming Gravity is a comprehensive guide that provides a gold mine of information for gymnastics and bodyweight strength training within its large 8.5"x11" size and nearly 600 pages.

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With a highly systematic approach, he delves into the physiology behind strength training equips the reader to adequately prepare their body for the rigors of bodyweight training. This book covers much ground that other books do not, offering information health and injury management, factors that contribute to a successful routine, and actual ...

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