



Handstand Drills and Conditioning

By Karen M. Goeller

GYMNASTICS STUFF, United States, 2007. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Handstand Drills and Conditioning Book: Your gymnasts will benefit from these handstand drills and conditioning exercises. These gymnastics drills are a necessity for all gymnasts because the handstand is the most important skill in gymnastics. Specific Conditioning, Body Tightness, Handstand Shape, and Planche Position Strength.

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