



Gymnastics Drills and Conditioning Exercises (Paperback)

By Karen M. Goeller

Lulu.com, United States, 2011. Paperback. Book Condition: New. 274 x 214 mm. Language: English . Brand New Book ***** Print on Demand *****.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!.



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Reviews

This composed publication is fantastic. This is certainly for all those who statte that there was not a well worth reading through. You will not truly feel monotony at whenever you want of your respective time (that's what catalogs are for regarding when you ask me).

-- **Prof. Mark Ratke Jr.**

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