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# GYMNASICS DRILLS AND CONDITIONING EXERCISES

### Gymnastics Drills And Conditioning Exercises

There are over 100 drills and conditioning exercises in this book. Uneven Bars, Dance, Vaulting, Running, and Press Handstand.



These drills were used to produce State Champions, National YGP Team Athletes, and National Champions among many other successful gymnasts.

Fifth Edition

Karen M. Goeller, CSCS

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...

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