

Gymnastics Drills . Walkover, Limber, Back Handspring



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Reviews

*Complete manual! Its such a great study. It really is writter in straightforward phrases rather than hard to understand. You are going to like the way the article writer create this publication.
(Ike Fadel)*

GYMNASTICS DRILLS . WALKOVER, LIMBER, BACK HANDSPRING



Lulu.com. Paperback. Book Condition: new. BRAND NEW, Gymnastics Drills . Walkover, Limber, Back Handspring, Karen, M. Goeller, Gymnastics drills and conditioning for the Walkover, Limber, and Back Handspring. These drills were used to produce several successful gymnasts. The drills included in this book break down the skills into easy to understand body positions and movements. There are some drills that should help those gymnasts not yet confident enough to reach back to a bridge from standing, while other drills train the muscles necessary to perform these movements with ease. Many of the drills and exercises can be used for flexibility training with more advanced gymnasts.



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