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GYMNASTICS DRILLS . WALKOVER, LIMBER, BACK HANDSPRING

Gymnastics Drills and Conditioning
For the
Walkover, Limber, and Back Handspring



These drills were used to produce many successful gymnasts including Olympic champions and National TOPS Team athletes.

Karen M. Goeller Copyright © Goeller 2004

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...

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- Authored by Karen, M. Goeller
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