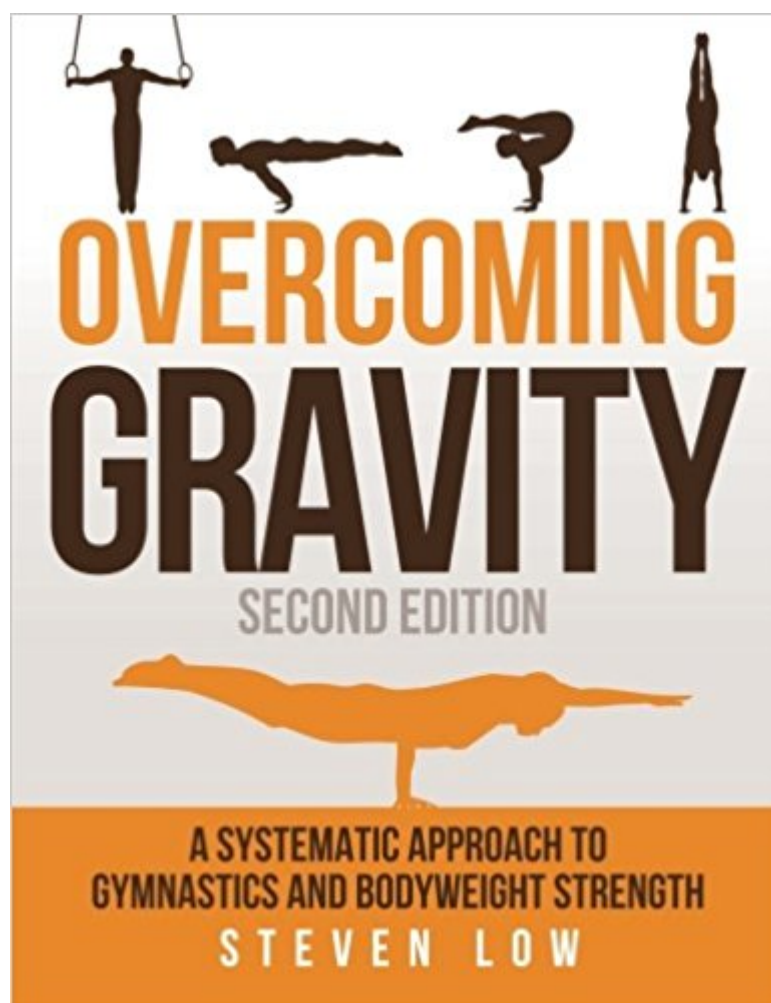




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Overcoming Gravity: A Systematic Approach To Gymnastics And Bodyweight Strength (Second Edition)



Synopsis

Commonly referred to by readers as an "exercise Bible," *Overcoming Gravity* is a comprehensive guide that provides a gold mine of information for gymnastics and bodyweight strength training within its nearly 600 pages. Steven Low takes the reader on a journey through logically constructing a strength-oriented bodyweight workout routine. With a highly systematic approach, he delves into the physiology behind strength training equips the reader to adequately prepare their body for the rigors of bodyweight training. This book covers much ground that other books do not, offering information health and injury management, factors that contribute to a successful routine, and actual program implementation. If you prefer your health and fitness books to include scientific data, comprehensive sample programming, and effective recommendations, *Overcoming Gravity* is the ideal choice for your library. This Second Edition has been revised, expanded, and re-organized to read easier, provide more content, and offer easily accessible next-steps for beginner, intermediate, and advanced populations. Notable improvements from the first edition include the following:

- Editing team to correct all previous editing errors. Increased clarity on scientific principles and routine construction. Updated scientific information to ensure the book aligns with current research.
- Extensive information on body part splits and population modifications, allowing one to construct a routine that fits their lifestyle and skill level. More in-depth explanation of each element of a routine.
- An entirely new chapter entitled *Methods of Progression* to ensure plateaus are never an issue.
- Expanded sample programming that includes common faults made at different skill levels. More real-life examples of how a routine may look. Addition of proper scapular positioning and technique for each exercise. Upgraded images that illustrate exercises from 2D to 3D. Modified charts with more accurate level placement and new leg exercise inclusions.

For additional book information for the Table of Contents, Introduction, Chapter 1, and Charts, see: <http://stevenlow.org/book/> Note: This book does not contain primary gymnastics skill work like cartwheels, tumbling, swings, giants, etc. v2.1 4/17/17: ~25 editing and illustration errors are fixed. v2.2 5/2/17: Page 38 missing fixed. Page available: <http://stevenlow.org/wp-content/uploads/2017/05/Page38.pdf>

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Customer Reviews

As someone who never did organized gymnastics in my youth I'm finding the joy of body weight fitness later in life... I've been messing around with handstands and other more difficult yoga holds. After plateauing and not finding a way around my lack of consistency in handstand (after several months of consistent practice) I decided to add some strength/gymnastic type exercises to my workouts. This initially consisted with a lot internet reading, youtube watching and self practice, while I did improve I feel like I could do better. So I set out to find a book (or program) that breaks down gymnastics training progressions. The first edition of the book sounded good, but disorganized - after a little research I found that the second edition was only a few weeks away from release. I so decided to wait and get this book as soon as released. What can I say other than wow... I had NO CLUE how much I didn't know when it came to the subject of body weight training/skills progression. The amount of information in detail, the coverage of all topics relating to the subject.. just wow - this book is worth every penny of the \$50 I paid. The best part is that not only does the book expertly cover topics of gymnastic progression, but also programming workouts to reach a progression goal, injury awareness/avoidance/rehabilitation, and so much more. The author is the real deal. This is a guy who did gymnastics a college level and went on to get his PhD in Physical Therapy. He clearly has a deep passion and understanding for the topics covered and I'm really impressed with what he put together. I've also visited his reddit sub and while I've never personally asked him a question, the author is in there answering questions all the time - if you're considering learning more about body weight fitness and or gymnastics progression look no further, this is the book.

Absolutely phenomenal book, it has been the basis of my strength training for almost the past two years, and I've seen incredible results. The book lists realistic progression techniques, exercises, and periodization methods for beginner to advanced athletes. While it's focused towards bodyweight athletes, I would recommend this book to anyone looking to learn more about the methodology and systematic approaches they can apply to their strength training.

I have read hundreds of books and training courses from 1972 all the way until now. This is one book I wish I had when I was starting out. Incredible amount of training material in one place. None are better.

Incredibly detailed information on training theory, programming, injury prevention and management, and bodyweight progressions. Perfect for anyone who wants to master the principles of bodyweight fitness--so you can build your own personalized workout program. One that accommodates your goals, weaknesses, strengths, injury history, etc.

All of the techniques and methods inside of this behemoth of bodyweight strength training knowledge will serve me well for the rest of my life. What's fantastic is that EVERYTHING one could want to know is laid out, and the tools are given to you so that you can CREATE your own movements if so inclined. For the price of two months of gym membership you can get yourself this book, a set of wooden rings, and some chalk to last you the rest of your life! The only way you cannot derive value from this book is if you don't apply the knowledge!! What are you waiting for? Buy this book and become your utmost potential! Change your life.* I was not compensated in any form, monetary or otherwise for this review. All thoughts are my own.

This is a very comprehensive guide to this type of training. Well laid out and helpful descriptions of how exercises should be performed. This book is a must-have if you're serious about training gymnastic skills.

There are spelling and grammar errors once in a while. But they don't detract too much. This book has given me some powerful insight into my own training. It is by far one of the best books out there about bodyweight training, and I'd go as far as to say for training in general. It is scientific enough without being overbearing, it reads similar to a textbook but not quite as dull. I have already recommended this to my friends, and I would recommend it to anybody. This book can really take you to the next level.

This book is awesome, it teaches you all you need to know to become a great bodyweight fitness athlete!

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