

SECOND EDITION

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, who holds a BS in Biochemistry and a Doctor of Physical Therapy from the University of Maryland, 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 and 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 on 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 include the following:

- 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.

OVERCOMING GRAVITY

STEVEN LOW


BATTLE GROUND
COLLECTIVE



**PÊLE
MÊLE**

Overcoming Gravity 2 Steven Low

Victor M. Corman



Overcoming Gravity 2 Steven Low:

Whispering the Secrets of Language: An Psychological Quest through **Overcoming Gravity 2 Steven Low**

In a digitally-driven earth where displays reign great and immediate connection drowns out the subtleties of language, the profound strategies and emotional nuances hidden within words usually get unheard. Yet, located within the pages of **Overcoming Gravity 2 Steven Low** a interesting literary treasure pulsating with natural feelings, lies an exceptional journey waiting to be undertaken. Composed by a skilled wordsmith, that enchanting opus invites readers on an introspective journey, lightly unraveling the veiled truths and profound influence resonating within the very cloth of each word. Within the emotional depths of the touching evaluation, we can embark upon a genuine exploration of the book is primary styles, dissect its charming publishing fashion, and fail to the powerful resonance it evokes strong within the recesses of readers hearts.

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