

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



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MÊLE**

Overcoming Gravity 2 Steven Low

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Overcoming Gravity 2 Steven Low:

Adopting the Track of Term: An Psychological Symphony within **Overcoming Gravity 2 Steven Low**

In a world taken by displays and the ceaseless chatter of instant connection, the melodic splendor and mental symphony developed by the written word usually diminish in to the backdrop, eclipsed by the relentless noise and disruptions that permeate our lives. Nevertheless, situated within the pages of **Overcoming Gravity 2 Steven Low** a wonderful literary treasure brimming with fresh thoughts, lies an immersive symphony waiting to be embraced. Constructed by a wonderful composer of language, that interesting masterpiece conducts viewers on an emotional trip, skillfully unraveling the hidden melodies and profound influence resonating within each carefully crafted phrase. Within the depths of the poignant examination, we can explore the book is main harmonies, analyze its enthralling publishing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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