

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

**Rachel Sandford**



## **Overcoming Gravity 2 Steven Low:**

Overcoming Gravity Steven Low, 2011 Update Overcoming Gravity digital edition PDF is available in the store on the Eat Move Improve website. Additionally Overcoming Gravity is now available on UK and European Amazons. Check your individual country's Amazon page to order Overcoming Gravity. A Systematic Approach to Gymnastics and Bodyweight Strength is a 542 page comprehensive guide to the most overlooked yet most powerful elements of strength training. In this book Steven Low takes the reader on a journey through logically and systematically constructing a strength oriented bodyweight workout routine. With a highly systematic and scientific approach Steven delves into the exercise physiology behind strength training and how to adequately prepare the body for the rigors of bodyweight training. Using the same rigor and attention to detail Overcoming Gravity also includes recommendations for all bodyweight athletes concerning health and injury management. Unlike other books on this topic it provides extremely comprehensive sample programming to assist in the design of a well balanced routine including information about the proper execution of the exercises and techniques. If you prefer your books on fitness and health to include data science and effective recommendations then Overcoming Gravity is an ideal addition to your library. Note this book contains no bodyweight leg exercises or primary gymnastics work cartwheels tumbling swings giants etc. It is devoted solely toward upper body strength and skill development with gymnastics exercises. I'll say it straight Overcoming Gravity is the best book money can buy on gymnastics and bodyweight strength period. This book reads like what it is an absolute labor of love an all encompassing masterpiece written by a bona fide genius in the field. This book wasn't written to make a ton of money. There is so much advanced training information in this huge volume that it could have easily been watered down and split into ten books maybe more. Overcoming Gravity has the power to change the way you train not just for a handful of workouts but for an entire lifetime. Buy this book Paul Coach Wade best selling Dragon Door author of Convict Conditioning and Convict Conditioning 2.

**Overcoming Gravity - Schwerkraft überwinden** Steven Low, 2018-02-26 Die ultimative Trainingsbibel mit Hunderten von Übungen. Bodyweight Training ist intensiv funktionell und hocheffektiv. Wie Sie das kraftorientierte Workout mit dem eigenen Körpergewicht systematisch planen und durchführen und Ihren Körper angemessen auf die Belastungen vorbereiten zeigt Ihnen Steven Low mit diesem umfassenden Leitfaden. Handstand Klimmzug Liegestütze Kniebeuge und mehr Hunderte von Übungen ohne Geräte an Turnringen oder Stangen an der Wand am Boden auf Stufen oder Stühlen werden in Bild und Text erklärt. Detaillierte Hinweise zur Technik zu den jeweiligen Schwierigkeitsgraden und Progressionen ermöglichen es Ihnen egal ob Einsteiger oder Profi ein Programm zusammenzustellen das Ihren Fähigkeiten und Bedürfnissen entspricht. Informationen zum Umgang mit Übertraining oder Verletzungen eine fundierte Einführung in die Trainingsgestaltung sowie Tipps zur Leistungssteigerung helfen Ihnen Ihr Workout weiter zu intensivieren. Wissenschaftliche Grundlagen ausführliche Beispielprogramme und effiziente Praxisanleitungen diese Trainingsbibel enthält alles was Sie für ein erfolgreiches Bodyweight und Gymnastiktraining wissen müssen.

ssen Diese Ausgabe entspricht der Second Edition des Originalbuches **Sports Medicine of the Lower Extremity**  
Steven I. Subotnick,1989 In this text the editor has assembled a diverse body of knowledge essential to podiatrists and other  
health professionals involved in sports medicine It is intended for podiatric physicians and sports medicine specialists who  
wish to give individualized well considered treatment to their patients 04-2569 - 04-2733 ,2004 **Scientific and**  
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