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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.

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Short bio: Steven Low is a former gymnast, coach, and the author of the Overcoming Gravity. Steven holds a BS in Biochemistry from the University of Maryland, College Park, as well as a Doctorate of Physical Therapy from the University of Maryland, Baltimore. During his time at UMCP, Steven performed with Gymkana, an exhibitional gymnastics troupe.

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Here's my "Overcoming Gravity 2" review for the book by Steven Low. It's the second edition of a popular bodyweight fitness book. Enjoy a sneak peek inside!

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Steven Low, author of Overcoming Gravity: A Systematic Approach to Gymnastics and Bodyweight Strength (Second Edition) and Overcoming Poor Posture, is a former gymnast who has performed with and coached the exhibitional gymnastics troupe, Gymkana. Steven has a Bachelor of Science in



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Biochemistry from the University of Maryland College Park, and his Doctorate of Physical Therapy from the University of Maryland Baltimore.

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Convict Conditioning), "Overcoming Gravity" troubleshoot lack of progression into more complicated or technical skills by Steve

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Low, however, admits hypertrophy is best achieved through barbells not bodyweight although latter can be achieved over longer period of time.