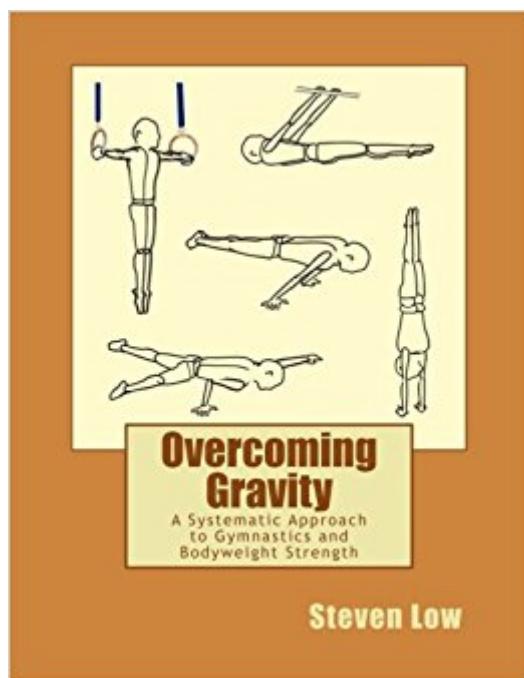


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# Overcoming Gravity: A Systematic Approach To Gymnastics And Bodyweight Strength



## Synopsis

Update: The 2nd Edition of Overcoming Gravity is available on ! Click on the above link to the new edition or search for the ISBN "0990873854" or for "Overcoming Gravity Second Edition" The first edition is not available for purchase anymore. 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

## Book Information

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## Customer Reviews

So poorly written it is unreadable at times. I thought I received a draft copy it is so bad. Did no one bother to edit it? The training principles are sound but it is by no means easy to understand. The book jumps around a lot, entire sections are repeated, explanations of some exercises are missing, and he contradicts his own advice repeatedly. Most of the physiology is of no-value to someone trying to develop body weight strength. I was basically frustrated after reading the book. The only part I found useful was the pictorial descriptions in the appendix. Certainly not worth my money. Very disappointed.

Brilliant book - and I have no doubt whatsoever that the gentleman who wrote it knows his Gymnastics. The only thing I miss is references. He claims a lot of stuff without any evidence to support it. Even though he's probably mostly right in his claims or more rightly to say; assumptions - that is the achilles heel. I love the book and would highly recommend it to anyone with interest in gymnastics, calisthenics, streetworkout or similar - so no offense regarding my comments. But, it would be 100% if he actually made references to support his views on various topics. In summary, very likely the best 'how to' book by far regarding bodyweight training. And for that, I give it five stars!

This is exactly the type of book that I needed, not just for bodyweight training, but a thorough guide to developing a the workout regimen necessary to reach your goals. The book discusses in-depth the:- Biology behind improving your strength or aerobic capabilities.- How to develop the right kinds of goals that you can actually work toward.- The progressions for bodyweight training in a format that's similar to videogames like Diablo or WoW.- How to determine the number of sets and reps you need to do.- How often you need to workout.- Notes the times you should actually skip a workout. In the past, I would workout without seeing improvements. Now with this book, I have seen objective improvements in my strength and capabilities, to the point where it is actually fun to "level up" and see what I can do next. The last page is a nice, one-page summary of creating a workout

plan. This is \*THE\* workout book I have always needed and wished to have, and highly recommend it to anybody that wants to develop a workout plan (even if it's just pumping iron vs bodyweight). It is like having a personal trainer, without forking out a huge sum of money, but getting better advice.

Definitely not a beginner book, if you're looking to start a body weight program, you should start with Convict Conditioning and progress to about step 6 or step 7 (and while you're at it, get a grip on some of the basic moves from Al Kavadlo's *Raising the Bar*) before you attempt Overcoming Gravity. Convict Conditioning progresses you from totally non-conditioned individual to elite athlete. Overcoming Gravity is terrific but you should have a solid L sit and be able to hold a handstand for about 5-7 seconds before you start. Overcoming Gravity covers an enormous amount of information with emphasis placed on body weight training and ring work. This book is a keeper and will not just sit on a shelf. I love this book and refer to it daily. If you're ready then do yourself a favor and get this book.

I always rate things based upon the following factors: What is the purpose of the product? How well does it achieve it? Additionally who is it aimed at? (This book is for those with some experience to bodyweight training- if you can't do a pushup, bridge, burpee, or out of shape- you may want to start with Mark Lauren's YAYOG first.) The purpose of Overcoming gravity is to inform the reader of HOW to create their own bodyweight routine. How well does it do this- probably as well as possible based upon upper body and gymnastics based training in a progressive and systematic manner. The only criticism is a lack of information on leg training- however leg training is straightforward and with little more than the internet one can obtain the progressions and pointers. There is also some information a few suggestions on leg training in the book and the multiplicity of information on programming design is the real strength of the resource. (no pun intended...) Happy training

This book is superb for those of us who wish to take fitness to another level. This goes way beyond the basic gym exercises being promoted in most books today. Some of the exercises in this book can be seen on gymnast David Durante's workout videos on YouTube. These exercises are for those of us who want to be in the best physical shape possible, along with coordination and agility.

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