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The first edition of Steven's™ bestselling book, *Overcoming Gravity: A Systematic Approach to Gymnastics and Bodyweight Strength*, was originally released on Amazon in November of 2011. Five years and several hundred positive reviews later, the second edition of *Overcoming Gravity* is now available" revised, expanded, and published by Battle Ground Creative.

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Steven Low, "*Overcoming Gravity: A Systematic Approach to Gymnastics and Bodyweight Strength*" 2011 | ISBN: 1467933120 | English | 544 pages | PDF | 71 MB *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.

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Convict Conditioning), "*Overcoming Gravity*" troubleshoot lack of progression into more complicated or technical skills by dis Steve Low, however, admits hypertrophy is best achieved through barbells not bodyweight although latter can be achieved over longer period of time.

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Why Buy *Overcoming Gravity*? The *Overcoming Gravity: A Systematic Approach to Gymnastics and Bodyweight Strength (Second Edition)* has been vastly expanded from the First Edition's 542 pages to the Second Edition's 598 pages.

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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.

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