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GYMNASTICS DRILLS AND CONDITIONING FOR THE HANDSTAND

Gymnastics Drills and Conditioning For the Handstand

Basic movements for all gymnasts because the
handstand is the most important skill in our sport!



These drills were used to produce several successful gymnasts,
including State Champions and National TOPS Team Athletes.

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Karen M. Goeller

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- Authored by M. Karen Goeller
- Released at 2005



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