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Gymnastics Drills and Conditioning for the Handstand

By M. Karen Goeller

Lulu.com, United States, 2005. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Gymnastics Drills and Conditioning for the Handstand should be extremely helpful for beginner gymnasts just learning the handstand. It should also be useful for the more advanced gymnasts in need of a friendly reminder on how to remain tight while performing skills involving or passing through the handstand. These drills are a necessity for all gymnasts because the handstand is the most important skill in gymnastics! Topics: Specific Conditioning, Body Tightness, Handstand Shape, Keeping the Handstand Shape in Motion, and Planche Work.

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