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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

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Overcoming Gravity 2

December 27, 2016 Steven Low  
Training The first edition

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of Steven's bestselling book, *Overcoming Gravity: A Systematic Approach to Gymnastics and Bodyweight Strength*, was originally released on Amazon in November of 2011.

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Overview Steven Low's book titled "Overcoming Gravity: A Systematic Approach to Gymnastics and Bodyweight Strength" is an independently published work

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influenced by gymnastics training which can be incorporated into a person's bodyweight training regime. In a sense the book is not fully complete.

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