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In particular, the fact that Coach Sommer states something along the lines that 'joint preparation work should begin from day 1', but the book 'Liquid Steel' has no release date yet. :bang: I don't know whether the book will be on general release to Amazon.

'Building the Gymnastic Body' by Christopher Sommer – a ...

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Chris Sommer is an experienced coach who trains national youth gymnastics but that doesn't mean he is an especially good teacher (unless he is standing over you in person forcing you to exercise). The title of this book is misleading for a start, it is not about building the gymnastic body at all, all it is is a series of chapters describing some of the positions and exercises involved in ...

Building the Gymnastic Body: The Science of Gymnastics ...

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