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December 27, 2016 Steven Low Training 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.

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Steven Low, author of *Overcoming Gravity: A Systematic Approach to Gymnastics and Bodyweight Strength* (Second Edition) and *Overcoming Poor Posture*, is a former gymnast who has performed with and coached the exhibitional gymnastics troupe, Gymkana. Steven has a Bachelor of Science in Biochemistry from the University of Maryland College Park, and his Doctorate of Physical Therapy from the University of Maryland Baltimore.

A Beginner's Guide to Overcoming Gravity " Steven Low

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One resource we've recommended for years is Steven Low's *Overcoming Gravity*, which has been widely trusted since it was first released in 2011. Now in its second edition, *Overcoming Gravity* (OG) is a detailed guide to understanding fundamental principles of gymnastics and bodyweight training.

Overcoming Gravity Review: A Resource for Your Training

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