



Building The Gymnastic Body: The Science of Gymnastics Strength Training

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Author : Christopher Sommer

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From Reader Review Building The Gymnastic Body: The Science of Gymnastics Strength Training for online ebook

Jonathan says

Kudos to Sommer for introducing gymnastics as a means for developing fitness in everyone -- not just professional athletes. It is a shame that his book is not much more than a watered-down encyclopedia of gymnastics movements. It includes brief descriptions of progressions toward the more difficult exercises, but doesn't offer much programming or any of the foundations required to begin training (i.e., mobility, prehabilitation). Instead, Sommer frequently refers to his other books for these things... but the books don't exist! He apparently opted to charge hundreds of dollars for an online course (gymnasticbodies.com) instead of publishing what he originally planned to. I want to believe that the course acts as the much needed supplement, but am not too eager to enroll after seeing the way this book was written.

Marcus says

Okay, this book is the real deal for body weight strength enthusiasts. Skip the 'Convict' fables and get this. This book is for adults.

Joel says

Gymnasts are just about the perfect athletes. They have amazing self-dominance, control, power, poise, balance, coordination, flexibility, strength and general athleticism. For this reason if you go to the 'gym' and are thinking of adding this to your routine- don't. Throw the gym out and do something worthwhile. If you have never done body weight training get Mark Lauren's Bible of Bodyweight training and start there...

Excellent exercise progressions, good evidence based advice, the book gives multiple progressive strength and conditioning tasks to practice and perform but falls short in terms of programming. If it had more explicit information on this then I would rate it more highly. Will investigate the effectiveness of approaches at some point in time*.

*If serious about creating your own gymnastics or strength based routine with body weight movements see Overcoming Gravity.

Demeter77 says

Awesome book, one of the premier bodyweight-style training programs around in my opinion. This book was far more effective for me than the heavily marketed Convict Conditioning. The author is the real deal, has succesfully trained high level gymnasts, and his protocols work.

Lana says

just heard about this book and very amazed

Mark Melendez says

Great book, teaches the gymnastic strength exercises. Not any advanced moves except the static holds. It's a good book but it just covers the basics, which is why I think it's crazy how it's priced so high at \$70+ right now. Not about being cheap but for the price and info provided, I really believe it's a rip-off.

The main thing I liked about this book is that it had photos of each exercise being performed in different ranges of the service's full range of motion.

There's no secret in this book, routine, or plans that justify the price. The author repeatedly tells us stories of how strong and how much his athletes can do. Justifying to us that his method works, which came across as gimmicky.

Tanvir Muntasim says

Full of uncommon insights into how one can train in a very particular way to cultivate strength and flexibility, the gymnastic way.

Harpreet says

Marked as, to-read

Christoph says

Some nice gymnastic progressions, but the programming section was very disappointing and id not explain why some training methods should be used.

Tom Roberts says

Superb bodyweight training as used by gymnasts. The author is a pro who's also successfully coached ranked gymnasts. If you want real life bodyweight training that'll get you results, read this book. For effective strength training in general check out Starting Strength and Tactical Barbell.

Salvador says

The best body weight training book I've read so far. I've heard good things about 'Overcoming Gravity', but haven't had the pleasure of reading it. My other bodyweight program experience was Convict Conditioning, which was a joke. This boom is written by a real live gymnastics/calisthenics coach, the techniques work.
