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without doubt, technical ability and preparation is paramount in gymnastics training. however, technique can only be applied within the boundaries of physical fitness

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the gymnastics edited by monè m j e m n i with william a. sands john h. salmela p a t r i c e h o l v o e t m a r i a g a t e v a s c i e n c e

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gymnastics is widely renowned as a sport that can improve overall fitness, strength, balance and body control (harrell, 2003), as well as helping to improve

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unlike some other sports, gymnastics doesn't require a lot of equipment, but there are certain things you'll need for specific events, and some standard gear that ...

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abstract. the aim of this study is the investigation of hippocrates' consultative theory with regard to man's physical exercise, gymnastics, diet and health, on ...