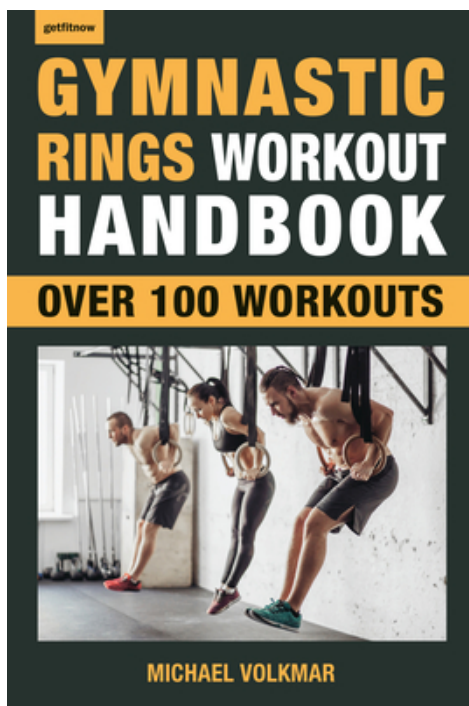


Leggi ebook Gymnastic Rings Workout Handbook: Over 100 Workouts for Strength, Mobility and Muscle

By Michael Volkmar



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Books Descriptions

THE AUTHORITATIVE BOOK FOR GYM RING FITNESS Gymnastic Rings Workout Handbook is the ultimate guide for anyone seeking to revolutionize their training through the use of gymnastic rings. Designed to give you the skills necessary to implement gymnastic rings into your existing workout routine, Gymnastic Rings Workout Handbook includes detailed instructions and workout progressions for everyone from beginners to experts. With over 100 programs that work key target areas like the shoulders, hips and core, Gymnastic Rings Workout Handbook contains everything you need to know about exercising with gym rings to increase strength, improve mobility and build muscle. With tips on everything from the best equipment to buy to how to include kettlebells and dumbbells into your gym ring routines, Gymnastic Rings Workout Handbook provides all the training needed to get started with gym rings today. Gymnastic Rings Workout Handbook also features: - Routines to build core stability

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