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June 29th, 2018 - As mentioned previously the wrist specific preparation a series that I use with my athletes is quite extensive and is covered in great detail in the Gymnastics Bodies volume Liquid Steel. Following are the basic static strength positions in men's gymnastics. Complete descriptions as well as progressions for developing'

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April 30th, 2018 - Coach Rachel and I had a depressing time at last weekend's barbecue We ended up chatting to gymnastics coach Aggie Kikut It's not that this is a bad thing ? it's that you spend five minutes chatting to Aggie you realise how awesome she is''*Coach Sommer AMA ? r/bodyweightfitness reddit*

July 1st, 2018 - Hello Everyone This is Coach Christopher Sommer I am a long time US Jr National Team Coach and the founder of *GymnasticBodies.com* I will be available to answer gymnastics strength training questions beginning at 9am at MST Sunday January 25'

'Mark Ottobre markottobre Twitter

April 30th, 2018 - I want to better the face of nutrition and fitness That's why I hunt down the very best people to talk about health and nutrition Today's podcast is about the unintended consequences of a low fat diet with guest speaker Alan Watson'

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