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Commonly referred to by readers as an "exercise Bible," *Overcoming Gravity* is a comprehensive guide that provides a gold mine of information for gymnastics and bodyweight strength training within its large 8.5"x11" size and nearly 600 pages.

Overcoming Gravity: A Systematic Approach to Gymnastics

Dieting is the practice of eating food in a regulated and supervised fashion to decrease, maintain, or increase body weight, or to prevent and treat diseases, such as diabetes. A restricted diet is often used by those who are overweight or obese, sometimes in combination with physical exercise, to reduce body weight. Some people follow a diet to gain weight (usually in the form of muscle).

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