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Bodyweight Strength Training - USA GymnasticsLooping A Large Rubber Band Over An Apparatus In The Gym And Having The Athlete Pull The Rubber Band With The Arms Which In Turn Lightens Their Bodyweight As They Jump. This Will Teach The Athlete To Get Off Of The Ground Quicker. The Holds And Slow Movements Will Help

The Athlete Absorb More Force. Feb 3th, 2024

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