

Parallette Training Guide

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Place parallettes against a wall. Hands should be as close to wall as possible while still maintaining balance. Back, shoulders, & head should be in a straight line

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American gymnast parallette training guide -

Oct 08, 2009 One of the very first digital products I ever created was the American Gymnast Parallette Training Guide, which illustrates a range of different strength

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Parallettes, gymnastic devices, parallette bars

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