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Building a Home Gym cool while I thought of it more in terms of an asset to my personal training boxes, parallettes and a ring dip

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They just keep going and keep training until their body finally says, Enough! through a dreaded injury. [I]

Parallettes training tips - gmb fitness skills

Parallete training is a lot harder than it looks. Here are 5 important tips for making your parallettes practice more effective.

Parallete training guide ebook - american

You can get this eBook FREE when you purchase the AG Parallettes or Travellettes . With a more than 20 years of experience in gymnastics, we at American Gymnast have

Parallete training guide - beginner

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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Aug 31, 2003 Coach Greg Glassman provides step-by-step instructions for making really cool homemade parallettes out of PVC pipe for around \$20. Parallettes training is

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Parallettes, gymnastic devices, parallete bars

Parallettes are a perfect tool and workout program for gymnasts or overall strength training for athletes at all levels.