

# Handstand Drills And Conditioning By Karen M. Goeller

**By Karen M. Goeller**

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Karen M. Goeller is the author of *Gymnastics Journal* (4.00 avg rating, 1 rating, 0 reviews, published 2005), *Gymnastics Drills and Conditioning for the H*

Jul 10, 2009 Gymnastics Drill from Karen Goeller's *Handstand Book*. This gymnastics drill is for the cast handstand and clear hip handstand on uneven bars.