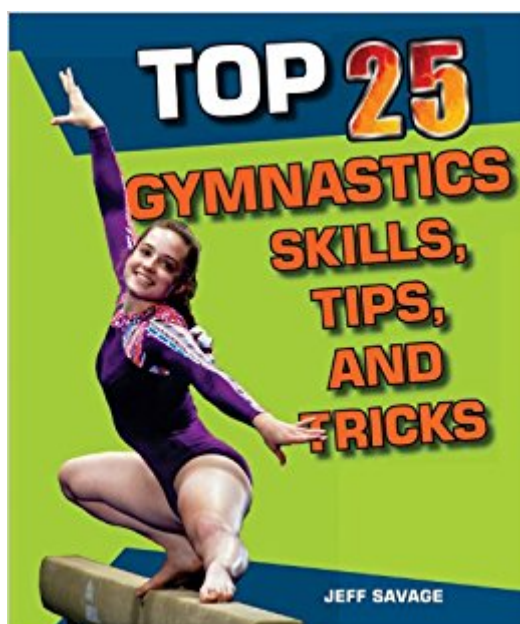


The book was found

Top 25 Gymnastics Skills, Tips, And Tricks (Top 25 Sports Skills, Tips, And Tricks)



Synopsis

During the heat of competition, the slightest misstep in your floor exercise or a fall off the balance beam could cost you a trophy or your team a championship. Gymnastics is all about precision and technique. Would you like to perform like an Olympic gold medallist? Author Jeff Savage gives step-by-step instructions to many of the basic techniques in gymnastics, and provides you with some fun tips from Olympic champions.

Book Information

Series: Top 25 Sports Skills, Tips, and Tricks

Library Binding: 48 pages

Publisher: Enslow Publishers (August 1, 2011)

Language: English

ISBN-10: 0766038688

ISBN-13: 978-0766038684

Product Dimensions: 7.8 x 0.4 x 9.1 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 17 customer reviews

Best Sellers Rank: #1,843,811 in Books (See Top 100 in Books) #97 in Books > Children's Books > Sports & Outdoors > Gymnastics

Age Range: 9 - 12 years

Grade Level: 3 - 7

Customer Reviews

I thought this was a full sized book on gymnastics, but I should have read the description, or at least realized otherwise from the low price. It is a slim little paperback, about half text and half pictures. It does have good advice on conditioning and nutrition. Hopefully my kid will gain a better understanding of the sport she's nuts about, and will also understand my insistence that she train with a coach rather than make up her own moves by watching youtube videos and practicing on the (shudder) trampoline.

For your beginning gymnast. It has all the basics. I'd recommend.

I bought it thinking it would give my about-to-be-intermediate-gymnast daughter some insight into improving her act, but once we read it, we realized it's intended to draw beginners gymnasts'

motivation, great for that purpose, anyway.

My granddaughter is really "into" gymnastics and she loved this book!

Like this book

Nice book with great pictures and easy to read instructions. My daughter found it useful and she's been in gymnastics for years.

It was for an eight year old granddaughter, and she likes it.

Daughter loved it.

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