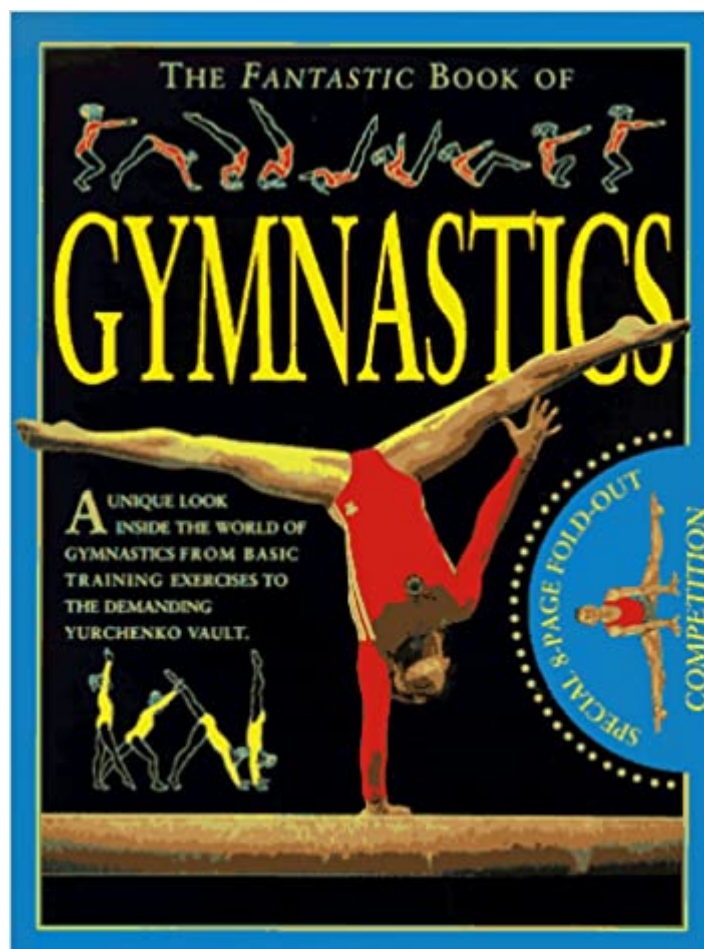




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The Fantastic Book Of Gymnastics



Synopsis

Provides a look at artistic, rhythmic, and sports gymnastics, the various positions and moves involved, devising a routine, and more. Includes fold-out pages on gymnastics competitions. --This text refers to an alternate Hardcover edition.

Book Information

Hardcover: 32 pages

Publisher: Copper Beech (September 1, 1997)

Language: English

ISBN-10: 0761306374

ISBN-13: 978-0761306375

Product Dimensions: 11.6 x 8.7 x 0.4 inches

Shipping Weight: 13.6 ounces

Average Customer Review: 5.0 out of 5 stars 4 customer reviews

Best Sellers Rank: #1,796,688 in Books (See Top 100 in Books) #95 in [Books > Children's Books > Sports & Outdoors > Gymnastics](#)

Age Range: 7 and up

Grade Level: 2 and up

Customer Reviews

Gr. 3[^]-6. This slim volume in the Fantastic Book Of series introduces gymnastics in a straightforward treatment. The book discusses training, warm-up exercises, classes and practice, attire, equipment, and safety factors. Basic techniques that are used with each piece of equipment or in floor routines are described in easy-to-follow instructions. An eight-page foldout detailing gymnastics as a competitive sport is included for youngsters interested in serious competition. Color photographs and diagrams enhance the readable text. However, the format is busy due to the placement of the many different-size photographs, font sizes, and typefaces that appear on each page, making the text difficult to follow. Aspiring gymnasts will find this overview of the world of balance beams, rings, and parallel bars an adequate choice for their basic informational needs. Glossary appended. April Judge

My daughter (5) Loves gymnastics and just likes to flip through the book see pictures of real gymnastics. Good for reference too.

It taught my daughter all about gymnastics very good choice. She loved to read it every day. It taught her skills to do to become flexible

This book is quite good. The pictures are great and the information is done correctly. If you are a fan of gymnastics I think you should get this book.

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