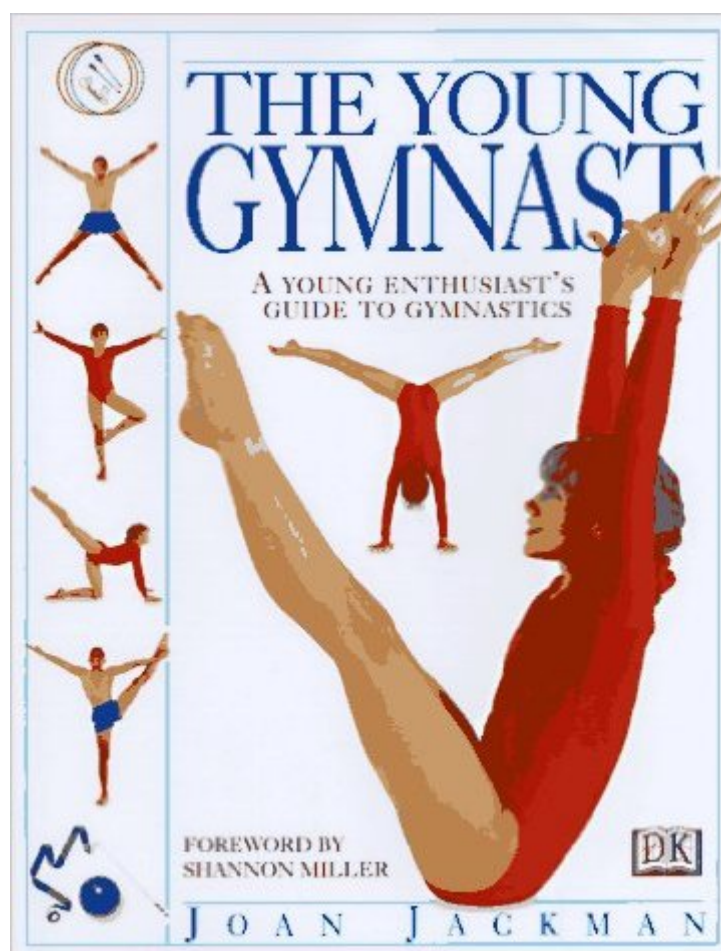


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# The Young Gymnast



## Synopsis

An introduction to gymnastics features demonstrations of a variety of techniques and skills, including floor and equipment exercises, and provides advice on choosing a gym, wearing the proper clothing, and composing routines.

## Book Information

Hardcover: 64 pages

Publisher: DK CHILDREN (March 15, 1995)

Language: English

ISBN-10: 1564586774

ISBN-13: 978-1564586773

Product Dimensions: 11.4 x 0.4 x 8.8 inches

Shipping Weight: 15.2 ounces

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #1,215,394 in Books (See Top 100 in Books) #54 in [Books > Children's Books > Sports & Outdoors > Gymnastics](#) #40845 in [Books > Children's Books > Literature & Fiction](#)

## Customer Reviews

This book is great for young gymnasts. Or any age as a matter of fact. The foreword is by Shannon Miller, America's most decorated gymnast. This book tells you how to do some basic skills and warm-ups. It covers each apparatus in gymnastics, including rhythmic and sports acrobatics. If you're a gymnast, then this is the book for you.

I thought that it was a good book for just beginning, but if you want to get it make sure you are just starting or it will be all stuff you already know and it wont be of very much use. I was in level 2 when i got it, but i think it would be of more use if i got it last year.

I was disappointed with the number of pages in the book and the book is pretty basic suitable for 4-6 years old. I purchased the book for an 8 year old. I may need to return the book.

Got this to replace a damaged copy at our school library. Can't keep it on the shelf.

When I got this book, I hadn't even started gymnastics. So I couldn't do most of the stuff in it. So I

only recommend it to people who are beginners and who's coach has already gone over it.

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