



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

By Jeff Savage

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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.

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Top 25 Gymnastics Skills, Tips, and Tricks (Top 25 Sports Skills, Tips, and Tricks) By Jeff Savage Bibliography

- Sales Rank: #203499 in Books
- Brand: Enslow Publishers, Inc.
- Published on: 2011-08-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x 7.50" w x .25" l, .28 pounds
- Binding: Paperback
- 48 pages

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