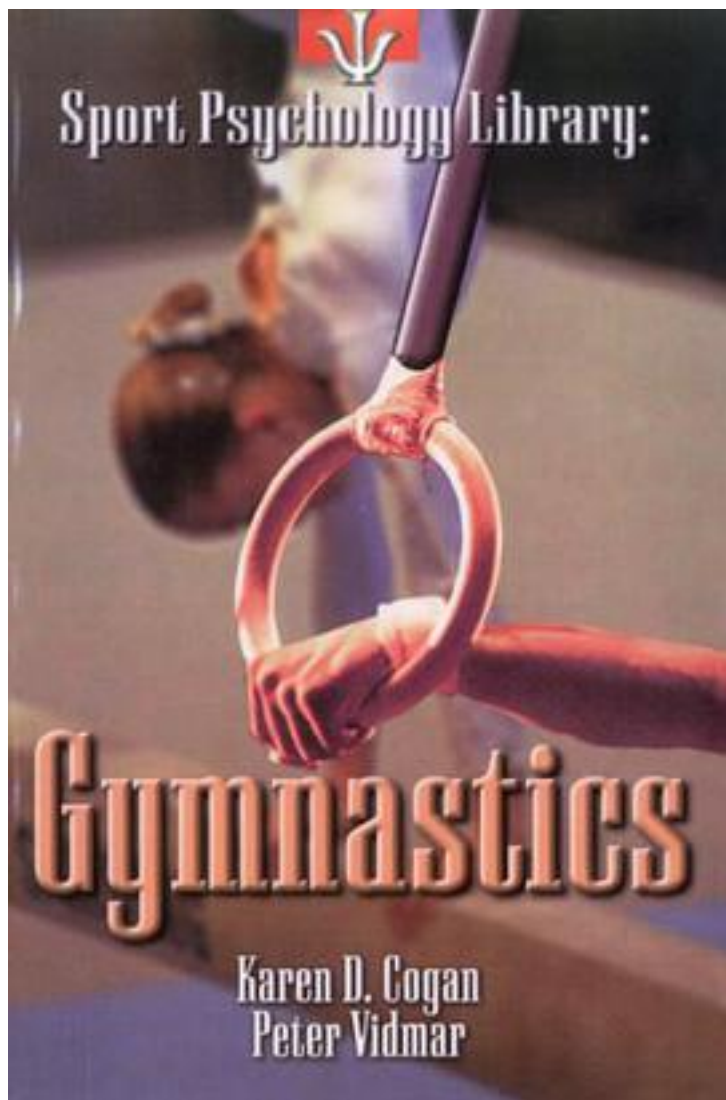


# Gymnastics



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Exploring the world of rolls, jumps, cart-wheels, and handstands," Gymnastics" offers detailed instructions on the techniques required for floor work, the vault, beam and bar, as well as useful advice on how to put together both routines and combinations. Starting with simple lesson-plans and progressing to sections on fitness, training programs, and suggested circuits, Trevor Low gives invaluable advice for coaches of young gymnasts. "Gymnastics" is also fully illustrated with superb line drawings, demonstration photographs, and competition shots of top gymnasts in action.

作者介绍:

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