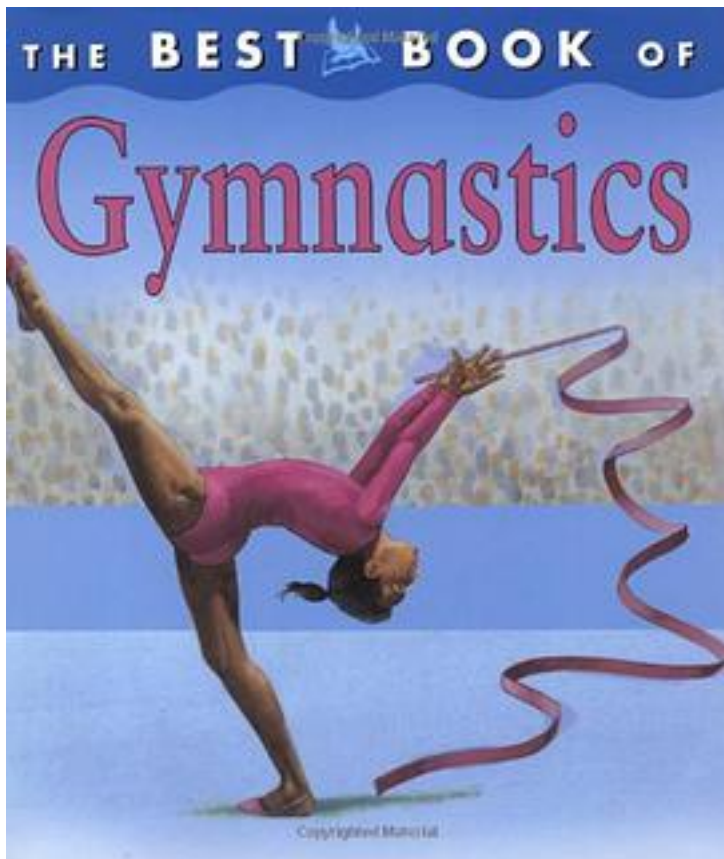


The Best Book of Gymnastics



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From bull-leaping in ancient Crete to modern Olympic competition, gymnastics has been one of the most popular sports for thousands of years. This new Best Book covers everything from the sport's history to how to prepare for gymnastic activities and how to use gym equipment, including trampolines, the uneven bars, and horses. Aspiring young athletes will also find essential information on related concepts such as

teamwork, developing balance, and insight into how gymnastic events are judged.

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