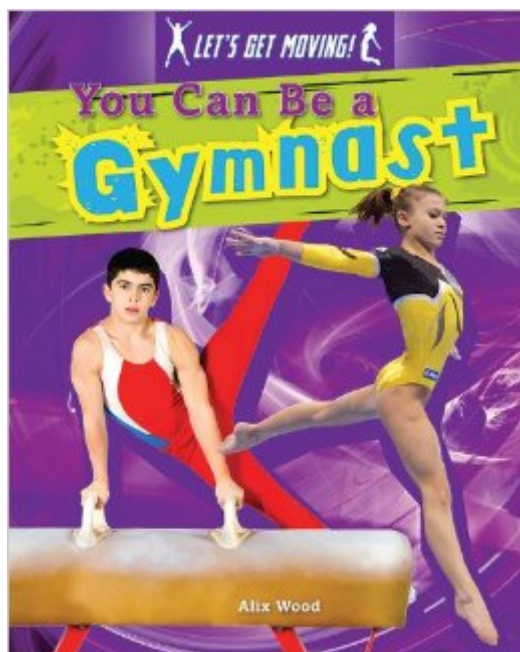


The book was found

You Can Be A Gymnast (Let's Get Moving!)



Synopsis

In order to compete high on the rings, flip through the air, and doing walking handstands on the beam, gymnasts have to be strong, flexible, and confident. With lots of practice and help from a coach and spotter, readers can learn to execute splits, L-sits, and other cool gymnastics moves by following an informative step-by-step guide. Colorful photos and helpful tips remind even seasoned gymnasts of important technical points. Readers new to the sport will see moves so cool, they'll want to join a gym and try them right away!

Book Information

Series: Let's Get Moving!

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Grade Level: 3 - 6

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