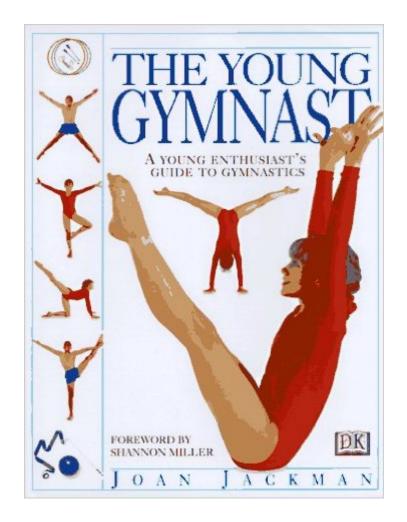
The book was found

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 Â 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 could'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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The Young Gymnast I Am a Gymnast (Young Dreamers) I Can Be a Gymnast (Barbie) (Step into Reading) DK Readers L2: I Want to Be a Gymnast Go Girl! #5: The Worst Gymnast Natali's Journey, The True Story of a Rhythmic Gymnast I Want To Be A Gymnast (Turtleback School & Library Binding Edition) (DK Readers: Level 2) You Can Be a Gymnast (Let's Get Moving!) Color Your Own Young Marvel by Skottie Young CP18322 - Guitar Method for Young Beginners Bk 1 Bk&CD&DVD (Progressive Young Beginners) Progressive Violin Method for Young Beginners Book 1 (Progressive Young Beginners) CP69140 - Progressive Harmonica Method for Young Beginners (Progressive Young Beginners) Winning Monologs for Young Actors: 65 Honest-To-Life Characterizations to Delight Young Actors and Audiences of All Ages Movement Stories for Young Children: Ages 3-6 (Young Actors Series) My First Monologue Book: 100 Monlogues for Young Children (My First Acting Series) (Young Actors) 1493 for Young People: From Columbus's Voyage to Globalization (For Young People Series) Zoology 1: Flying Creatures of the Fifth Day -- Young Explorers Series (Young Explorer (Apologia Educational Ministries)) Exploring Creation With Botany -- Young Explorer Series (Young Explorer (Apologia Educational Ministries)) Catechism for Young Children Questions 1-30: Bible Story and Art Activities for the Shorter Catechism (Bible Stories and Art Activities for the Shorter Catechism for Young Children) (Volume 1) The New Basic Training of the Young Horse: From the Education of the Young Foal to the First Competition

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