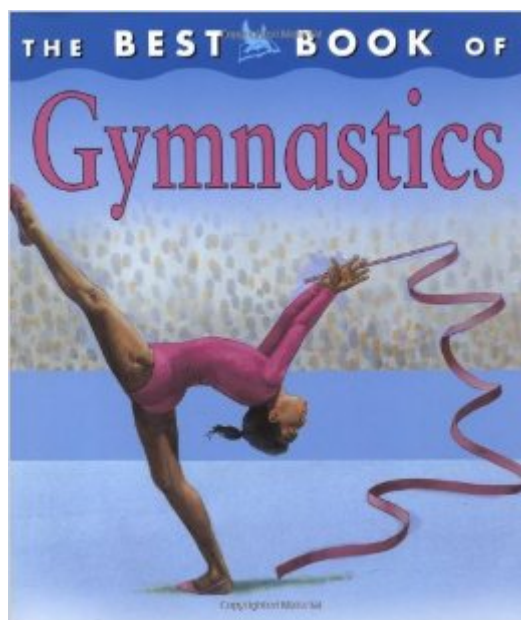


The book was found

# The Best Book Of Gymnastics



## Synopsis

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.

## Book Information

Series: The Best Book of

Hardcover: 31 pages

Publisher: Kingfisher (September 1, 2003)

Language: English

ISBN-10: 0753456052

ISBN-13: 978-0753456057

Product Dimensions: 10.9 x 9.4 x 0.4 inches

Shipping Weight: 14.4 ounces

Average Customer Review: 3.3 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #2,429,962 in Books (See Top 100 in Books) #87 in [Books > Children's Books > Sports & Outdoors > Gymnastics](#)

Age Range: 5 - 8 years

Grade Level: Kindergarten and up

## Customer Reviews

I bought this book for my son. He loves this book. All you need to know about gymnastics. May be it will be nicer with photos instead of drawings.

It is a broad overview of gymnastics. It did not give me the detail instruction that I needed for a beginner gymnast.

This book provides a very brief overview of the different styles of Gymnastics with pictures. If you are already involved in Gymnastics it will be a disappointment.

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