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The Gymnastics Book is everything that I loved as a young gymnast in elementary school. Its full of colourful photos, step by step guide for basic gymnastics skills (artistic, trampoline and rhythmic too!), interviews and features of gymnastics greats from the past and present.

## **The Gymnastics Book: The Young Performer's Guide to ...**

With colour photographs throughout, the book provides a step-by-step guide to getting started. Accompanying the photographs are descriptions of the warm-up exercises, basic skills, and cool down stretches. Schlegel also discusses competition training and profiles a number of important gymnasts.

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This indispensable guide is simply the best book for beginners to

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the sport of artistic gymnastics. Illustrated with stunning full-color photographs of gymnasts swinging, balancing, tumbling and jumping, The Gymnastics Book features skilled guidance from a medal-winning athlete who is now a noted instructor. The topics covered in detail include finding a good gymnastics club, qualities to look for in a coach, warm-up and cool-down exercises, moving into competitive gymnastics, managing ...

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Dominique Moceanu ([www.dominique-moceanu.com](http://www.dominique-moceanu.com)) is the author of the New York Times best-selling Dominique Moceanu: An American Champion. As a member of the women's gymnastics team, she won a gold medal at the 1996 Olympic Games.

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