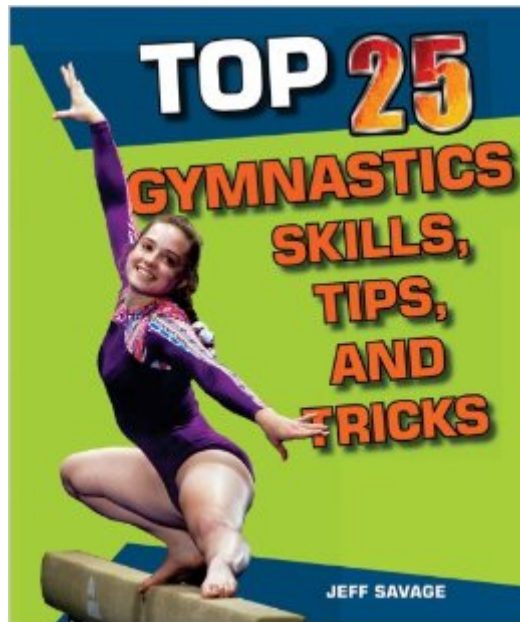


The book was found

Top 25 Gymnastics Skills, Tips, And Tricks (Top 25 Sports Skills, Tips, And Tricks)



Synopsis

During the heat of competition, the slightest misstep in your floor exercise or a fall off the balance beam could cost you a trophy or your team a championship. Gymnastics is all about precision and technique. Would you like to perform like an Olympic gold medallist? Author Jeff Savage gives step-by-step instructions to many of the basic techniques in gymnastics, and provides you with some fun tips from Olympic champions.

Book Information

Series: Top 25 Sports Skills, Tips, and Tricks

Library Binding: 48 pages

Publisher: Enslow Publishers (August 1, 2011)

Language: English

ISBN-10: 0766038688

ISBN-13: 978-0766038684

Product Dimensions: 7.8 x 0.4 x 9.1 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (12 customer reviews)

Best Sellers Rank: #1,221,294 in Books (See Top 100 in Books) [#55 in Books > Children's Books > Sports & Outdoors > Gymnastics](#)

Age Range: 9 - 12 years

Grade Level: 3 - 7

Customer Reviews

Jeff Savage presents a visually appealing and a clear, brief introduction to the various skills for competitive gymnastics. With glossy pages and nearly every page layout with a color photo of young athletes performing skills, readers will be engrossed and turning the pages. The "Tips and Tricks" and fact boxes through out the book, sets this series apart from other sports skills books. Tips like, "Pump your arms and keep your palms up slightly," give basic clues to readers for success. The Table of Contents makes it easy to select floor exercise skills and techniques, or vaulting, bars, rings, parallel bars, pommel horse or strength training skills. The glossary and index at the end of the books will be helpful for novices to locate topics. But, the Further Reading section is an extra bonus, that will lead gymnastic learners to other valuable books and internet site for gymnastic training. Top 25 Gymnastics Kills, Tips and Tricks would be ideal for public and school library sport's collections, because it will appeal to elementary and middle school youngsters

interests. Other titles in this series include Top 25 Basketball Skills..., Top 25 Hockey Skills..., and Top 25 Soccer Skills.

I am returning this book. It's the authors narrative about how some gymnastics poses are performed. No images, no instructions, no step by steps of any kind. A complete waste of money, no redeeming qualities.

I thought this was a full sized book on gymnastics, but I should have read the description, or at least realized otherwise from the low price. It is a slim little paperback, about half text and half pictures. It does have good advice on conditioning and nutrition. Hopefully my kid will gain a better understanding of the sport she's nuts about, and will also understand my insistence that she train with a coach rather than make up her own moves by watching youtube videos and practicing on the (shudder) trampoline.

I bought it thinking it would give my about-to-be-intermediate-gymnast daughter some insight into improving her act, but once we read it, we realized it's intended to draw beginners gymnasts' motivation, great for that purpose, anyway.

Great informational book for my daughter who's a beginner gymnast. She loves reading about all of the gymnastics moves and techniques.

Nice book with great pictures and easy to read instructions. My daughter found it useful and she's been in gymnastics for years.

Granddaughter loved it!

For your beginning gymnast. It has all the basics. I'd recommend.

[Download to continue reading...](#)

Top 25 Gymnastics Skills, Tips, and Tricks (Top 25 Sports Skills, Tips, and Tricks) Windows Vista: Top 100 Simplified Tips & Tricks (Top 100 Simplified Tips & Tricks) McGraw-Hill Education: Top 50 ACT English, Reading, and Science Skills for a Top Score, Second Edition (Mcgraw-Hill Education Top 50 Skills for a Top Score) McGraw-Hill Education: Top 50 ACT Math Skills for a Top Score, Second Edition (Mcgraw-Hill Education Top 50 Skills for a Top Score) Expert Tricks and Tips that

will make you a Minecraft expert: Tricks you are not aware of (minecraft, minecraft tips, minecraft tricks, minecraft monsters) Leadership: Management Skills, Social Skills, Communication Skills - All The Skills You'll Need (Conversation Skills, Effective Communication, Emotional ... Skills, Charisma Book 1) The Kurious Kid Presents: Gymnastics: Awesome Amazing Spectacular Facts & Photos of Gymnastics For Kids The Gymnastics Book: The Young Performer's Guide to Gymnastics Peter Read Miller on Sports Photography: A Sports Illustrated photographer's tips, tricks, and tales on shooting football, the Olympics, and portraits of athletes Sports Skills: Gymnastics Communication Skills: 101 Tips for Effective Communication Skills (Communication Skills, Master Your Communication, Talk To Anyone With Confidence, Leadership, Social Skills) MAGIC TRICKS: How to do easy illusions and magic card tricks for kids (magic, tricks) Football: How It Works (The Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Sports Illustrated For Kids Year In Sports 2007 (Scholastic Year in Sports) Gymnastics: Great Moments, Records, and Facts: Great Moments, Records, and Facts (Great Sports) The Science of Gymnastics (Sports Science) Gymnastics Girl Maya's Story: Becoming Brave (Go! Go! Sports Girls) Gymnastics (Summer Olympic Sports) Gymnastics (Bullfrog Books: I Love Sports) Great Moments in Olympic Gymnastics (Great Moments in Olympic Sports)

[Dmca](#)