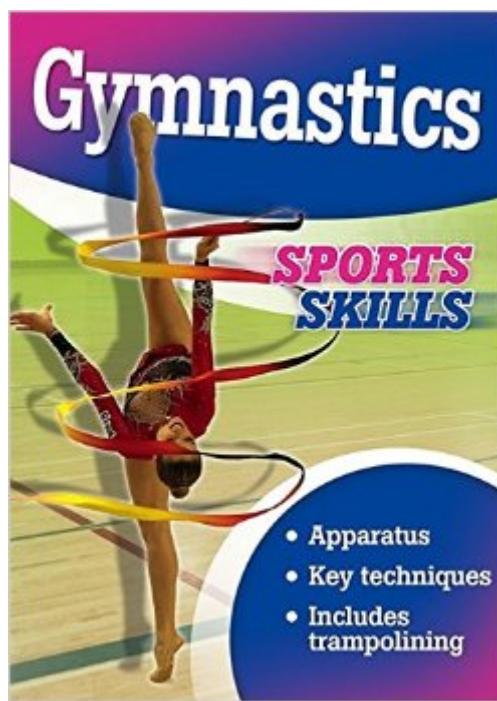


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Sports Skills: Gymnastics



Synopsis

Looking to take up a new sport? Or just thinking about ways to keep fit and healthy? This book is a great introduction to all the important gymnastics skills you'll need. Full of skills tips and photos showing key techniques, you'll discover everything - from training to competing - while also finding out something about gymnastics stars of the past and present.

Book Information

Series: Sports Skills (Book 5)

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