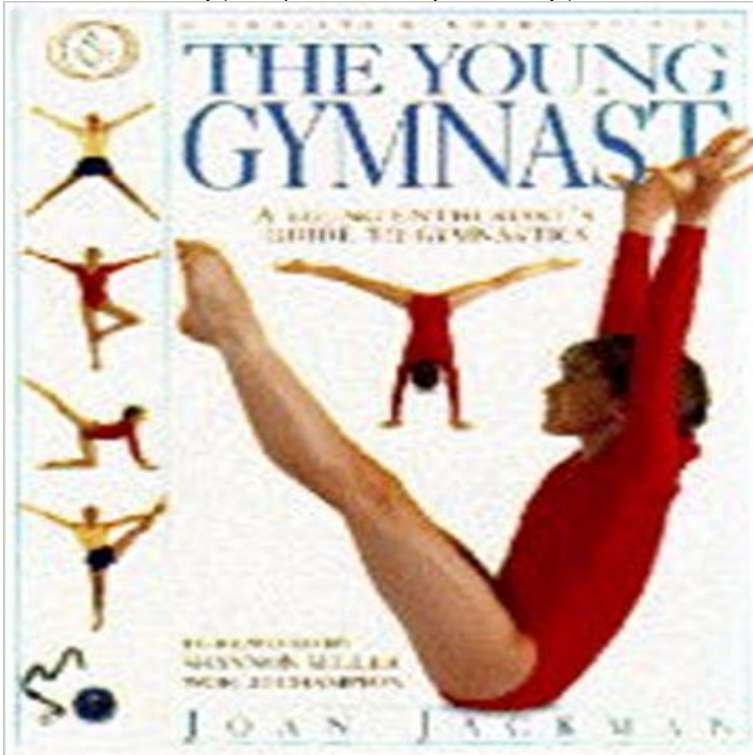


The Young Gymnast (Young enthusiast)



This photographic step-by-step guide to gymnastics, aims to inspire young gymnasts to try some new routines of this demanding and popular sport. It starts by explaining the techniques and disciplines of floorwork. Then, as each page builds on the one before, it goes on to cover the use of vaults, beams and bars. There are also special sections on style and composing sequences. A foreword is included, by 1993 World Champion, Shannon Miller.

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