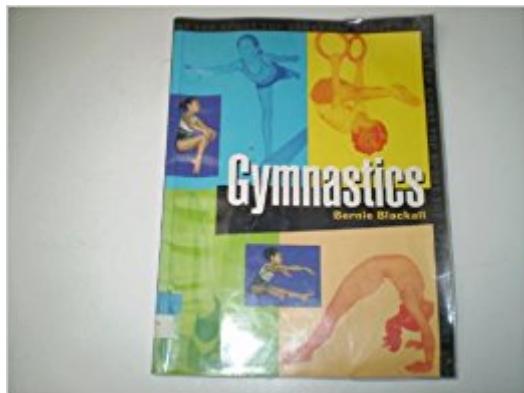


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Top Sport: Gymnastics (Cased)



Synopsis

An introduction to gymnastics, explaining its history, rules and the skills it requires. It covers the equipment and suggests exercises to get the reader started. Step-by-step pictures alongside the text show how to get the sport right and there is a list of useful addresses.

Book Information

Series: Top Sport

Paperback: 32 pages

Publisher: Heinemann Library (October 27, 1999)

Language: English

ISBN-10: 043103656X

ISBN-13: 978-0431036564

Shipping Weight: 5 ounces

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