

**THE GYMNASTICS BOOK: THE YOUNG PERFORMERS  
GUIDE TO GYMNASTICS**

Gordon Underdahl

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This indispensable guide is simply the best book for beginners to the sport of artistic gymnastics. Illustrated with stunning full-color photographs of gymnasts.

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For 20 years, she was a sports commentator for NBC Sports, covering 9 Olympics 2 with CBCas well as countless other gymnastics meets, and the sport of curling. These online bookshops told us they have this item: . This indispensable guide is simply the best book for beginners to the sport of artistic gymnastics.

IfyouwouldliketoreadmoreaboutthischeckoutthePrivacyPolicypage. The majority of the chapters are a step-by-step progression of skills. Claire Ross Dunn is a journalist and writer for television. New gymnasts featured include: Shallon Olsen: At just 11 years old she ranked first overall in her age category.

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