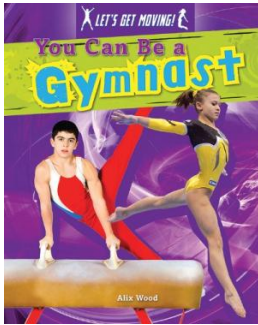


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## YOU CAN BE A GYMNAST



Gareth Stevens Publishing, United States, 2014. Paperback. Book Condition: New. 249 x 193 mm. Language: English. Brand New Book. In order to compete high on the rings, flip through the air, and do walking handstands on the beam, gymnasts have to be strong, flexible, and confident. With lots of practice and help from a coach and spotter, readers can learn to execute splits, L-sits, and other cool gymnastics moves by following an informative step-by-step guide. Colorful photos and helpful..

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- Authored by Alix Wood
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