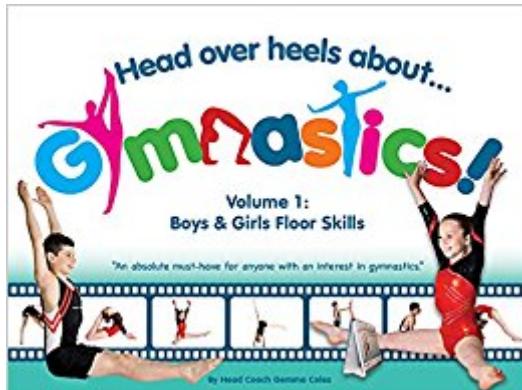


The book was found

# Head Over Heels About Gymnastics!

## Volume 1: Boys & Girls Floor Skills



## **Synopsis**

The book begins with example warms-ups and stretches, moving on to cover posture and all basic gymnastics shapes, which are instrumental in performing more complex skills. These skills are then covered in the next sections; Jumps, Skills, Rolls and Leaps. Bringing all of these skills together, the book then demonstrates how combined, these skills can be used to create routines. In this new edition there are judging sheets enabling the gymnast to track and record their progress a great addition to an already excellent book.

## **Book Information**

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Average Customer Review: 4.9 out of 5 starsÂ  See all reviewsÂ  (8 customer reviews)

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## **Customer Reviews**

I bought this book because my daughter is starting gymnastics in about 3 months. She practices outside doing backbend stand ups, roundoffs etc. I never thought in just 20 minutes she could go from backbend to back limbers. This book is among one of the best

I bought this book for my 7yr old daughter for Christmas. She LOVES it. The book can stand alone, enabling her to read or look at the easy to follow photographs, on how to carry out and perform simple (and some complex) gymnastic moves. This book is equally as beneficial to boys and I would highly recommend to anyone looking for a gymnastic related product to give to a any child interested in gymnastics.

I purchased this book for my daughter at Christmas x she is a keen gymnast age 6 just starting out so this handy/practical book helps along the way :) she is over the moon that she gets to practice

stretches and shapes when she can't get to class ! This book is a must for any gymnast :)

Brought this book for my local primary school. Ended up keeping it and buying them another. Well worth the money. All children can follow the diagrams and descriptions. Stands on its own so they can follow without having to hold the page open. Very good recommend to all.

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