



Top 25 Gymnastics Skills, Tips, and Tricks (Top 25 Sports Skills, Tips, and Tricks)

Jeff Savage

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During the heat of competition, the slightest misstep in your floor exercise or a fall off the balance beam could cost you a trophy or your team a championship. Gymnastics is all about precision and technique.

Would you like to perform like an Olympic gold medallist? Author Jeff Savage gives step-by-step instructions to many of the basic techniques in gymnastics, and provides you with some fun tips from Olympic champions.

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