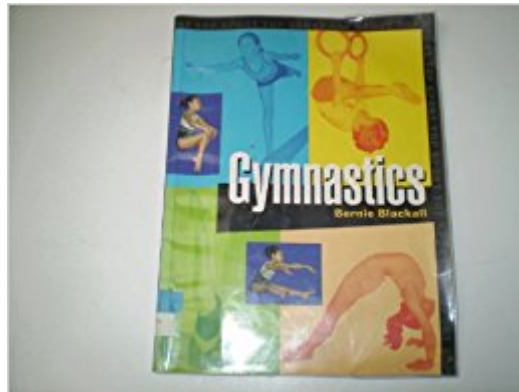




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Synopsis

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

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