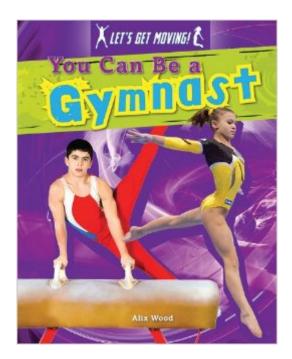
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# You Can Be A Gymnast (Let's Get Moving!)





## Synopsis

In order to compete high on the rings, flip through the air, and doing 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 tips remind even seasoned gymnasts of important technical points. Readers new to the sport will see moves so cool, theyll want to join a gym and try them right away!

## **Book Information**

Series: Let's Get Moving! Paperback: 32 pages Publisher: Gareth Stevens Publishing (January 1, 2014) Language: English ISBN-10: 1482402769 ISBN-13: 978-1482402766 Product Dimensions: 7.6 x 0.2 x 9.8 inches Shipping Weight: 3.2 ounces (View shipping rates and policies) Average Customer Review: Be the first to review this item Best Sellers Rank: #2,524,795 in Books (See Top 100 in Books) #94 in Books > Children's Books > Sports & Outdoors > Gymnastics #272 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness Age Range: 8 - 11 years Grade Level: 3 - 6

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