



# Gymnastics Basics: All About Gymnastics

*Annie Kreighton*

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**Gymnastics Basics: All About Gymnastics** Annie Kreighton

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- Gymnastics: A Brief History
- Overview of Gymnastics
- Choosing the Right Leotard
- The Value of Training Mats
- A Quick Guide to Buying the Perfect Mat
- Vaulting Boards
- The Pommel Horse
- The Value of Foam Pits
- Basic Gymnastics Moves
- Getting Started with Handstands
- The Balance Beam
- Controlling Your Nerves on the Balance Beam
- Preparing for a Meet
- The Wow Factor
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