



Head Over Heels About Gymnastics: Floor Skills

Gemma Coles

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The book begins with example warm-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.

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