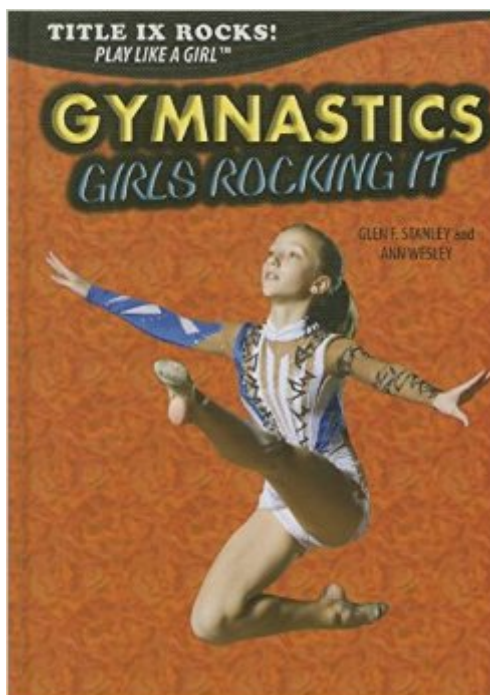


The book was found

Gymnastics: Girls Rocking It (Title IX Rocks!)



Synopsis

This informative resource explores some of the basic principles of gymnastics and the factors that motivate girls who dedicate themselves to perfecting the sports skills. It analyzes body types and sizes, age, and building gymnastic strength and flexibility. Some beneficial exercises and stretches are described as well as basic skills. Common ailments and injuries and how to avoid them are discussed, as are nutrition and eating disorders. Equipment required for basic eventsbalance beam, floor exercise, uneven bars, and vaultis explained as well as the ways to perform safely. This indispensable volume offers girls an interesting and instructional guide.

Book Information

Series: Title IX Rocks!

Library Binding: 64 pages

Publisher: Rosen Publishing Group (January 15, 2016)

Language: English

ISBN-10: 1508170371

ISBN-13: 978-1508170372

Product Dimensions: 6.5 x 0.4 x 9.2 inches

Shipping Weight: 9.9 ounces

Average Customer Review: Be the first to review this item

Best Sellers Rank: #2,685,086 in Books (See Top 100 in Books) #97 inÂ Books > Children's Books > Sports & Outdoors > Gymnastics #384 inÂ Books > Teens > Sports & Outdoors

Age Range: 12 - 17 years

Grade Level: 7 - 12

[Download to continue reading...](#)

Gymnastics: Girls Rocking It (Title IX Rocks!) Soccer: Girls Rocking It (Title IX Rocks!) The Magical Rocking Horse: Adventures of the Magical Rocking Horse, Book 1 The Girls' Guide to Rocking: How to Start a Band, Book Gigs, and Get Rolling to Rock Stardom The Kurious Kid Presents: Gymnastics: Awesome Amazing Spectacular Facts & Photos of Gymnastics For Kids The Gymnastics Book: The Young Performer's Guide to Gymnastics Pete the Cat: Rocking in My School Shoes Michigan Rocks & Minerals: A Field Guide to the Great Lake State (Rocks & Minerals Identification Guides) Rocks & Minerals of Washington and Oregon: A Field Guide to the Evergreen and Beaver States (Rocks & Minerals Identification Guides) Arizona Rocks & Minerals: A Field Guide to the Grand Canyon State (Rocks & Minerals Identification Guides) Rocks & Minerals of

Wisconsin, Illinois & Iowa: A Field Guide to the Badger, Prairie & Hawkeye States (Rocks & Minerals Identification Guides) Lake Superior Rocks and Minerals (Rocks & Minerals Identification Guides) Minnesota Rocks & Minerals: A Field Guide to the Land of 10,000 Lakes (Rocks & Minerals Identification Guides) New Mexico Rocks & Minerals: A Field Guide to the Land of Enchantment (Rocks & Minerals Identification Guides) New York Rocks & Minerals: A Field Guide to the Empire State (Rocks & Minerals Identification Guides) Colorado Rocks & Minerals: A Field Guide to the Centennial State (Rocks & Minerals Identification Guides) Rocks and Minerals of The World: Geology for Kids - Mineralogy and Sedimentology (Children's Rocks & Minerals Books) Rocks for Kids: Rocks and Minerals for Kids - A Fun Fact Rock Book with FAQ, Pictures, Jokes, Games & Geology Let Me Play: The Story of Title IX: The Law That Changed the Future of Girls in America Gymnastics Girl Maya's Story: Becoming Brave (Go! Go! Sports Girls)

[Dmca](#)