



Sports Illustrated Women's Gymnastics: The Floor Exercise Event

Don Tonry

Download now

[Click here](#) if your download doesn't start automatically

Sports Illustrated Women's Gymnastics: The Floor Exercise Event

Don Tonry

Sports Illustrated Women's Gymnastics: The Floor Exercise Event Don Tonry

Over 1,000 instructional line drawings by Don Tonry The first of two companion books created specifically for the young female gymnast, Women's Gymnastics 1 offers expert instruction on basic gymnastic training and the floor exercise event. Designed to be used with Book 2, The Vaulting, Balance Beam, and Uneven Parallel Bars Events, this book begins your introduction to the Olympic All-Around Program. This book provides important, up-to-date, commonsense information on safety in the gym, and grades each skill by a unique 1-10 difficulty-rating system. Book 1 covers: I. Preparation • Warmup: strength and flexibility exercises for leg, back, waist, and shoulder muscles • Workout: basic positions and movements for the beginning gymnast including tucked, piked, layout, arched, and straddle positions, and the progressions for learning a handstand II. Floor Exercise Skills • Tumbling, Acrobatic, and Dance Skills: forward and backward rolls, skip step, cartwheel, round-off, tinsica, handspring, forward and backward walkovers, butterfly, aerial cartwheel and walkover, tucked forward and backward somersaults, and dance elements • Selected Floor Exercise Combinations: handstand arch over to feet; split to forward turn and roll to back; forward walkover turn to knee scale; chest roll to chest stand; split to backward turn; plus many more DON TONRY, a former world-class gymnast, is considered one of the best gymnastic technicians in the U.S. He is the author and illustrator of two other books, Gymnastics Illustrated and The Pommel Horse, and is currently men's gymnastics coach at Yale University. His wife, Barbara, former nine-time national tumbling champion, coaches the women's gymnastics team at Yale. LIPPINCOTT & CROWELL, Publishers New Ynrk

 [Download Sports Illustrated Women's Gymnastics: The Floor E ...pdf](#)

 [Read Online Sports Illustrated Women's Gymnastics: The Floor ...pdf](#)

Download and Read Free Online Sports Illustrated Women's Gymnastics: The Floor Exercise Event Don Tonry

From reader reviews:

Bobbie Wallace:

Often the book Sports Illustrated Women's Gymnastics: The Floor Exercise Event has a lot info on it. So when you make sure to read this book you can get a lot of benefit. The book was compiled by the very famous author. The writer makes some research ahead of write this book. This book very easy to read you can obtain the point easily after perusing this book.

Tom Copper:

Playing with family within a park, coming to see the water world or hanging out with good friends is thing that usually you may have done when you have spare time, and then why you don't try factor that really opposite from that. 1 activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Sports Illustrated Women's Gymnastics: The Floor Exercise Event, you can enjoy both. It is very good combination right, you still want to miss it? What kind of hang type is it? Oh can happen its mind hangout folks. What? Still don't buy it, oh come on its identified as reading friends.

Jamie Hernandez:

This Sports Illustrated Women's Gymnastics: The Floor Exercise Event is completely new way for you who has interest to look for some information since it relief your hunger info. Getting deeper you onto it getting knowledge more you know or perhaps you who still having tiny amount of digest in reading this Sports Illustrated Women's Gymnastics: The Floor Exercise Event can be the light food for yourself because the information inside this particular book is easy to get simply by anyone. These books build itself in the form that is reachable by anyone, yep I mean in the e-book form. People who think that in reserve form make them feel drowsy even dizzy this guide is the answer. So there isn't any in reading a guide especially this one. You can find actually looking for. It should be here for anyone. So , don't miss the item! Just read this e-book style for your better life in addition to knowledge.

Deborah Rost:

In this era which is the greater particular person or who has ability to do something more are more valuable than other. Do you want to become among it? It is just simple solution to have that. What you must do is just spending your time very little but quite enough to experience a look at some books. Among the books in the top checklist in your reading list is actually Sports Illustrated Women's Gymnastics: The Floor Exercise Event. This book that is qualified as The Hungry Slopes can get you closer in growing to be precious person. By looking up and review this book you can get many advantages.

**Download and Read Online Sports Illustrated Women's
Gymnastics: The Floor Exercise Event Don Tonry #EJKNR5UBXI3**

Read Sports Illustrated Women's Gymnastics: The Floor Exercise Event by Don Tonry for online ebook

Sports Illustrated Women's Gymnastics: The Floor Exercise Event by Don Tonry Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Sports Illustrated Women's Gymnastics: The Floor Exercise Event by Don Tonry books to read online.

Online Sports Illustrated Women's Gymnastics: The Floor Exercise Event by Don Tonry ebook PDF download

Sports Illustrated Women's Gymnastics: The Floor Exercise Event by Don Tonry Doc

Sports Illustrated Women's Gymnastics: The Floor Exercise Event by Don Tonry Mobipocket

Sports Illustrated Women's Gymnastics: The Floor Exercise Event by Don Tonry EPub