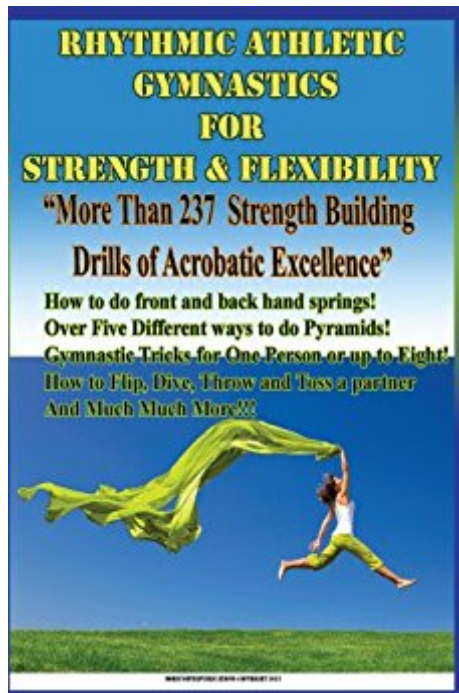




The book was found

Rhythmic Athletic Gymnastics For Strength And Flexibility



Synopsis

The book is divided into twenty-five sections, each containing selections from four groups of exercises, Tumbling, Tricks, pyramids and Games. This method of arrangement has been followed, partly, for the purpose of supplying varied, ready-made, though flexible, programs, available at a moment's notice, and partly, in order to give illustration of how to join separate exercises into a series in connection with the description of the movements themselves. Most of the illustrations have been made from instantaneous photographs. The descriptions and directions which are given in the text are those which I have found by experience to be the most satisfactory progress in the shortest possible time.

Book Information

File Size: 3632 KB

Print Length: 164 pages

Simultaneous Device Usage: Unlimited

Publication Date: July 13, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00DXO6UF4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #487,121 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #49

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