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THE SCIENCE OF GYMNASTICS: VOLUME 4: DATA GRAPHS FOR SCIENCE LAB

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.This book contains graphs showing data from a selection of basic gymnastics moves, with a focus on parallel bars, rings, and pommel horse, using homemade equipment. Samples include handstand, swings and inversions on parallel bars, L-sits on rings, pommel swings, and more. Graphs trace the head, shoulders, elbows, wrists, hands, hip, knees, ankles, and/or feet as they move....

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- Authored by M Schottenbauer
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