



My Gymnastics Journal: Keeping Track of the Ups and Downs

K Francklin

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My Gymnastics Journal (Diary): Keeping Track of the Ups and Downs! is not just for writing details of your progress, it is also full of interesting facts and information about gymnastics plus fun activities to complete.

To really make this journal special each page shows an image of a gymnast in the bottom corner so that when you turn the pages quickly you **also have a fun flip book**.

Flick the pages one way and you will see a gymnast perform a cartwheel and flick the other way to see a gymnast doing a backward walkover/flip prep!

This journal is the ideal gift for all **female artistic gymnasts** who want to learn more about the sport and keep a diary of their weekly progress.

What You Get

Inside you'll have 48 weeks worth of progress reports to update and more than 20 pages of both interactive activities and fun gymnastics facts.

This Gymnastics Book has been written and designed with the help of my daughter who is a keen gymnast and wanted to create a journal for her own use - so here it is! Enjoy!

The activities and interesting facts will require some reading ability. For girls younger than 9 years, adult help may be required.

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Rosemarie Pickett:

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David Ruby:

Spent a free time to be fun activity to accomplish! A lot of people spent their spare time with their family, or their own friends. Usually they accomplishing activity like watching television, likely to beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? Could be reading a book can be option to fill your totally free time/ holiday. The first thing that you ask may be what kinds of guide that you should read. If you want to try out look for book, may be the reserve untitled My Gymnastics Journal: Keeping Track of the Ups and Downs can be great book to read. May be it can be best activity to you.

Susan Munoz:

With this era which is the greater man or woman or who has ability in doing something more are more valuable than other. Do you want to become considered one of it? It is just simple approach to have that. What you should do is just spending your time not very much but quite enough to experience a look at some books. One of several books in the top checklist in your reading list will be My Gymnastics Journal: Keeping Track of the Ups and Downs. This book which can be qualified as The Hungry Slopes can get you closer in growing to be precious person. By looking up and review this reserve you can get many advantages.

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