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Rhythmic Gymnastics

Nadejda Jastrjembskaia, Yuri Titov

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Learn the long-awaited secrets of rhythmic gymnastics success! Started in the Soviet Union in the 1940s, rhythmic gymnastics (RSG) has long been dominated by Europeans. But now, *Rhythmic Gymnastics* shares the proven European system for training top RSG gymnasts.

Written by an elite coach and the former president of the International Gymnastics Federation, *Rhythmic Gymnastics* provides information previously unavailable in the Western world. It covers all aspects of technique, training, and competition. If you want your gymnasts to achieve their potential in RSG, this is the book that will help you do it.

Featuring more than 200 illustrations, *Rhythmic Gymnastics* is the most comprehensive book on the sport. First, you'll learn how to help your gymnasts develop and master:

- leaps, balances, pivots, and other body movements;
- apparatus handling techniques;
- flexibility and coordination; and
- speed, strength, and endurance.

Next, you'll find detailed instruction on how to structure workouts, create a comprehensive training program, and teach important aspects of dance. Finally, *Rhythmic Gymnastics* shares the keys to composing winning routines and preparing your gymnasts for competition.

Not only is this the perfect book for RSG coaches; it's also an excellent training companion for gymnasts at all levels looking to improve their RSG skills, a helpful reference for parents who want a better understanding of the sport, and an idea book for coaches and gymnasts involved in artistic gymnastics.

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Have you spare time to get a day? What do you do when you have a lot more or little spare time? Sure, you can choose the suitable activity regarding spend your time. Any person spent their own spare time to take a wander, shopping, or went to the Mall. How about open or maybe read a book called Rhythmic Gymnastics? Maybe it is to be best activity for you. You realize beside you can spend your time with the favorite's book, you can smarter than before. Do you agree with the opinion or you have additional opinion?

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