



# I Can Do Gymnastics

*USA Gymnastics*

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## **I Can Do Gymnastics** USA Gymnastics

You've mastered the beginning skills of gymnastics and are ready to go on to the next level. But where do you go for guidance in gymnastics skills progressions? It's simple! USA Gymnastics and Masters Press. This volume takes up where the first book in the series, *I Can Do Gymnastics: Essential Skills for Beginning Gymnasts* left off. Skills are combined into movement sequences and alternative apparatus possibilities are explored. Fully integrated with the beginning levels of USA Gymnastics' junior precompetitive program, *I Can Do Gymnastics: Essentials for Intermediate Gymnasts* is the perfect "next step" for budding gymnasts.

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