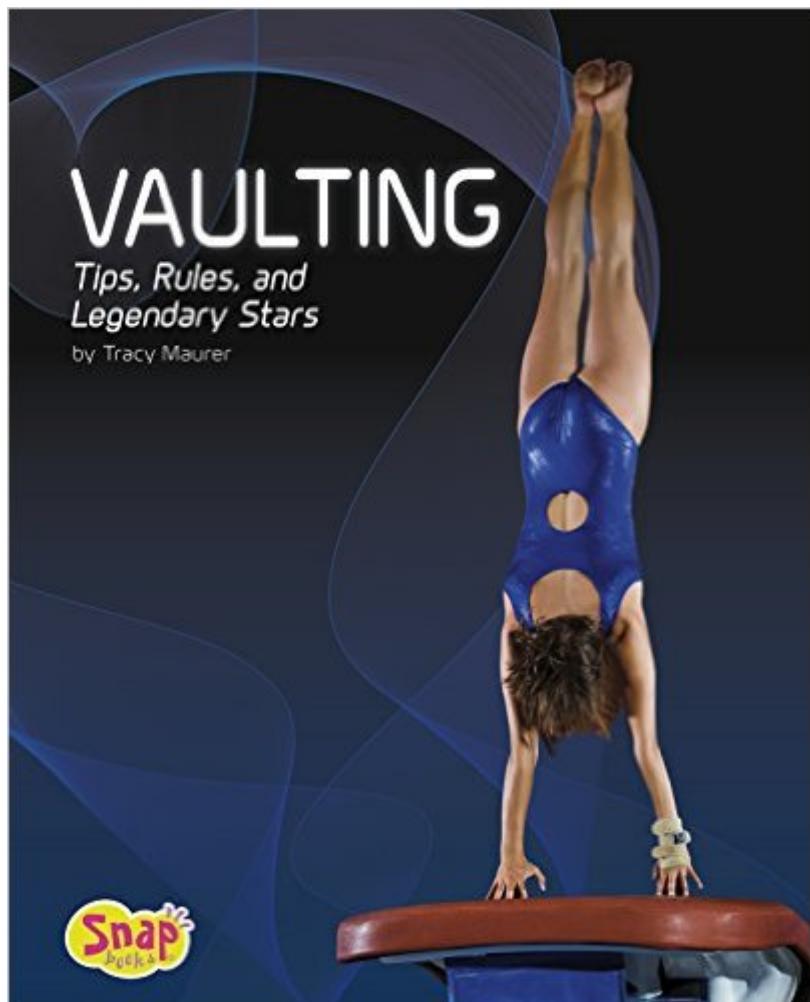


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# Vaulting: Tips, Rules, And Legendary Stars (Gymnastics)



## Synopsis

Vaulting takes a lot more than just a run and jump onto a springboard. It requires preparation, practice, and understanding of this unique event. A gymnast that dedicates her time and effort could one day see her name next to the greats. Are you ready to give it your all on the vault?

## Book Information

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