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web the term gymnastics
derived from a greek word

meaning to exercise naked
applied in ancient greece to all
exercises practiced in the
gymnasium the place where
male athletes did indeed

exercise unclothed many of
these exercises came to be
included in the olympic games
until the abandonment of the
games in 393 ce

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european champion announces ellie downie has said that her mental health must come first as she **gymnastics truro gymnastics club england** Mar 17 2022 web we are a newly formed gymnastics club in the heart of truro cornwall that specializes in preschool recreational trampoline team and squad classes our aim is to provide a fantastic gymnastic experience for all of our members in all of our classes lead by our fantastic team of bg qualified coaches with years of experience **gymnastics bbc sport** Oct 24 2022 web gymnastics 22 nov 2022 tumbling prodigy oppon going for gold gymnastics 21

nov 2022 2 10 britain finish
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2022 web gymnastics is a type
of sport that includes physical
exercises requiring balance
strength flexibility agility
coordination dedication and
endurance the movements
involved in gymnastics
contribute to the development
of the arms legs shoulders back
chest and abdominal muscle

groups

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three types of gymnastics
currently featured in the
olympics artistic gymnastics
rhythmic gymnastics and
trampoline artistic gymnastics
is the most commonly known
men and women both compete
on equipment like the uneven
bars parallel bars and rings
rhythmic gymnastics is
probably the second best
known