

GYMNASTYC_

Gymnastyc is one of the sports industry with which we can influence on a person. It's very important her effect on human progress, but for each person want to determine endurance, self discipline and a lot since for work in every group. Almost all of gymnastyc sports _____ the muscles of body.

We knew:

- sport gymnastyc(for man and women)
- rhythm gymnastyc
- sport aerobic
- sport acrobatic
- gymnastyc for all

Sport gymnastyc

We share sports gymnastyc on women and men sport gymnastyc. Women compete on a for different tools and men on six different tools .

Sports rhythm gymnastyc

This is sport effect, where women doing exercise but they don't have tools they have just: club, ribbon, skipping rope, ball and hoop. The most popular tool is ribbon.

Familiar personality

Leon Štukelj competed on a three olympic games, on a far world championship. On his first olympic games in Paris year 1924 he became olympic champion in gymnastyc.

Miroslav Cerar is one of the most _____ gymnastyc on horse with handle of the world. Of the year 1958 he got 30 gold, silver and bronze medal

History

Gymnastyc is one of sports effect, which is on list of olympic games from his beginning so of year 1896.

Women gymnastyc it first appear on program of olympic games in a year 1928 in Amsterdam.

In a year 1996 are in sport gymnastyc ends competition witch was a part of
olympyck games about hundret years.
