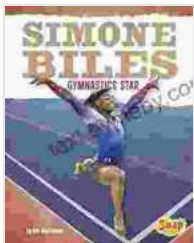


Simone Biles: Gymnastics Star, Inspiration, and Role Model

Simone Biles is an American artistic gymnast who is widely considered to be one of the greatest gymnasts of all time. She has won 32 Olympic and World Championship medals, including 25 golds. Biles is known for her incredible strength, power, and artistry, and she has inspired millions of people around the world with her story of perseverance and determination.



Simone Biles: Gymnastics Star (Women Sports Stars)

by Lori Mortensen

★★★★☆ 4.5 out of 5

Language : English

File size : 6222 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting: Enabled

Word Wise : Enabled

Print length : 31 pages



Early Life and Career

Simone Biles was born in Columbus, Ohio, on March 14, 1997. She began gymnastics at the age of six, and quickly showed a natural talent for the sport. Biles won her first national championship at the age of 14, and she went on to win four more national championships in the following years.

Biles made her Olympic debut at the 2016 Summer Olympics in Rio de Janeiro. She won four gold medals and one bronze medal, becoming the

most decorated American gymnast at a single Olympic Games. Biles also won five gold medals and one bronze medal at the 2019 World Championships, becoming the most decorated gymnast in World Championships history.

Signature Moves

Biles is known for her incredible strength and power, and she has developed a number of signature moves that are named after her. These moves include the Biles II, the Biles twist, and the triple-twisting double back dismount. Biles' signature moves are some of the most difficult in gymnastics, and they have helped her to become one of the most successful gymnasts in history.

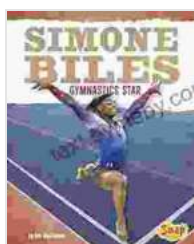
Training and Diet

Biles trains six days a week, and she typically spends four hours a day in the gym. Her training regimen includes a variety of exercises, including strength training, cardiovascular exercise, and skill training. Biles also follows a strict diet that is high in protein and carbohydrates. She eats six small meals a day, and she avoids processed foods, sugary drinks, and excessive amounts of saturated fat.

Role Model and Inspiration

Simone Biles is a role model and inspiration to millions of people around the world. She has overcome adversity to become one of the most successful gymnasts in history, and she has used her platform to speak out against racism and inequality. Biles is a powerful advocate for young people, and she encourages them to follow their dreams and never give up.

Simone Biles is a true champion, both on and off the mat. She is an inspiration to millions of people around the world, and she will continue to make history for years to come.



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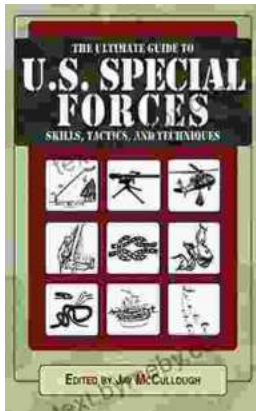
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