

## Bikini Body Guide Free Kayla

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All of a sudden, everybody wanted to take gymnastics.\* As Douglas became the first Black all-around champion at the Olympics, these kids saw someone who looked like them. So did their parents.

[Simone Biles is the face of U.S. gymnastics. Expect the future to look a lot like her.](#)

After having to settle for a bronze medal at the 2016 Olympics, April Ross said, she recommitted to the mental side of the sport.