



FRONTS

GYMNASTICS BINGO

Complete a line of 5 boxes to make a BINGO!

Lines can be horizontal, vertical, or diagonal! How many BINGOs can you complete?

5 BRIDGE KICKOVERS OR BACK WALKOVERS (Hold lunge for 3!)	5 BACKWARD ROLLS TO PUSH UP POSITION (Shoot feet FAST!)	10 CARTWHEELS ON a Line (Hold lunge for 3!)	5 HANDSTANDS (Start & Finish in Lunge)	SPLITS HOLD (Hold all 3 ways for 45 seconds each)
5 HEADSTANDS (Hold as long as you can!)	5 JUMP FULL TURNS (Finish in a Gymnast!)	5 TOE TURN FULLS (Arms tight by ears!)	5 POWER Take Off ROUND OFFS (Hold lunge for 3!)	5 HANDSTAND FORWARD ROLLS (Finish in a Gymnast)
SPLITS HOLD (Hold all 3 ways for 45 seconds each)	10 CARTWHEELS ON a Line (Hold lunge for 3!)	5 HANDSTANDS (Start & Finish in Lunge)	10 SCALES (Hold for 3 seconds)	5 POWER Take Off ROUND OFFS (Hold lunge for 3!)
5 POWER Take Off ROUND OFFS (Hold lunge for 3!)	5 BRIDGE KICKOVERS OR BACK WALKOVERS (Hold lunge for 3!)	5 HEADSTANDS (Hold as long as you can!)	SPLITS HOLD (Hold all 3 ways for 45 seconds each)	5 JUMP FULL TURNS (Finish in a Gymnast!)
10 TOE TURN FULLS (Arms tight by ears!)	5 HANDSTAND FORWARD ROLLS (Finish in a Gymnast)	5 BACKWARD ROLLS TO PUSH UP POSITION (Shoot feet FAST!)	5 BRIDGE KICKOVERS OR BACK WALKOVERS (Hold lunge for 3!)	10 CARTWHEELS ON a Line (Hold lunge for 3!)