

# FRONTS: GYMNASTICS LAND

## INSTRUCTIONS:

**DO THE ASSIGNMENT IN EACH BOX & COLOR IT IN ONCE COMPLETE!**

**NOTE: YOU DO NOT NEED TO FINISH ALL IN 1 DAY!**

## START

|                                                                         |                                                              |                                                                  |                              |                                                            |                                                                                                       |                                                                                   |
|-------------------------------------------------------------------------|--------------------------------------------------------------|------------------------------------------------------------------|------------------------------|------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| <b>45 SECOND<br/>HANDSTAND<br/>HOLD<br/>(AGAINST WALL)</b>              |                                                              | <b>10 JUMP FULL<br/>TURNS<br/>(ARMS BY EARS)</b>                 | <b>6 HEADSTAND<br/>HOLDS</b> | <b>10 SPLIT<br/>JUMPS<br/>(ARMS TIGHT)</b>                 | <b>FINISH!</b><br> |                                                                                   |
| <b>RIGHT, LEFT,<br/>&amp; MIDDLE<br/>SPLITS: HOLD<br/>1 MINUTE EACH</b> |                                                              | <b>6 BACKWARD<br/>ROLLS TO<br/>PUSH UP<br/>(ANIMAL IN KNEES)</b> |                              | <b>6 STEP, STEP<br/>LEAP TO<br/>SCALE,<br/>GYMNAST</b>     |                                                                                                       | <b>FREE CHOICE:<br/>PRACTICE YOUR<br/>FAVORITE SKILL<br/>10 TIMES</b>             |
| <b>10<br/>CARTWHEELS<br/>ON A LINE<br/>(HOLD LUNGE)</b>                 |                                                              | <b>10<br/>HANDSTANDS<br/>(START &amp; FINISH<br/>IN LUNGE)</b>   |                              | <b>PIKE<br/>STRETCH:<br/>HOLD 1<br/>MINUTE</b>             |                                                                                                       | <b>6 FRONT<br/>LIMBERS OR<br/>FRONT<br/>WALKOVERS</b>                             |
| <b>6 BACK<br/>WALKOVERS<br/>(HOLD LUNGE)</b>                            | <b>10<br/>HANDSTAND<br/>FORWARD<br/>ROLLS TO<br/>GYMNAST</b> | <b>6 STANDING<br/>SCALES<br/>(HOLD FOR 3<br/>SECONDS)</b>        |                              | <b>10 POWER<br/>TAKE-OFF<br/>ROUND OFFS<br/>(REBOUND!)</b> |                                                                                                       | <b>6 STRETCH<br/>JUMP, TUCK<br/>JUMPS<br/>(START &amp; FINISH<br/>IN GYMNAST)</b> |
|                                                                         |                                                              |                                                                  |                              |                                                            | <b>10 TOE TURN<br/>FULLS<br/>(ARMS TIGHT)</b>                                                         |                                                                                   |