



JUMPERS

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 HOLDS (Arms straight!)	5 BACKWARD ROLLS (Start & Finish in Gymnast)	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 TUCK, STRADDLE, & PIKE JUMPS (Finish in a Gymnast!)	5 PIVOT TURNS (Arms tight by ears!)	10 CARTWHEELS on a Line (Hold lunge for 3!)	5 FORWARD ROLLS (Start & Finish in 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 5 seconds)	5 BRIDGE HOLDS (Arms straight!)
5 PIVOT TURNS (Arms tight by ears!)	5 BRIDGE HOLDS (Arms straight!)	5 HEADSTANDS (Hold as long as you can!)	SPLITS HOLD (Hold all 3 ways for 45 seconds each)	5 TUCK, STRADDLE, & PIKE JUMPS (Finish in a Gymnast!)
10 SCALES (Hold for 5 seconds)	5 HANDSTANDS (Start & Finish in Lunge)	5 BACKWARD ROLLS (Start & Finish in Gymnast)	5 BRIDGE HOLDS (Arms straight!)	10 CARTWHEELS on a Line (Hold lunge for 3!)