



SUPER 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 kickovers (Hold lunge for 3!)	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 JUMP FULL TURNS (Finish in a Gymnast!)	5 PIVOT TURNS (Arms tight by ears!)	5 POWER Take Off CARTWHEELS (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 3 seconds)	5 POWER Take Off CARTWHEELS (Hold lunge for 3!)
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10 SCALES (Hold for 3 seconds)	5 HANDSTANDS (Start & Finish in Lunge)	5 BACKWARD ROLLS (Start & Finish in Gymnast)	5 BRIDGE kickovers (Hold lunge for 3!)	10 CARTWHEELS on a Line (Hold lunge for 3!)