

SUPER JUMPERS: 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

30 SECOND HANDSTAND HOLD (AGAINST WALL)		10 JUMP FULL TURNS (ARMS BY EARS)	6 HEADSTAND HOLDS (CAN BE AGAINST WALL)	3x 30 SECOND GYMNAST HOLD	FINISH! 	
RIGHT, LEFT, & MIDDLE SPLITS: HOLD 1 MINUTE EACH		6 BACKWARD ROLLS TO GYMNAST (ANIMAL IN KNEES)		6 CHASSE CHASSE HITCH KICK, GYMNAST		FREE CHOICE: PRACTICE YOUR FAVORITE SKILL 10 TIMES
10 CARTWHEELS ON A LINE (HOLD LUNGE)		10 HANDSTANDS (START & FINISH IN LUNGE)		PIKE STRETCH: HOLD 1 MINUTE		6 BRIDGE DOWNS TO FLOOR OR COUCH
6 BRIDGE KICKOVERS (HOLD LUNGE)	10 FORWARD ROLLS TO GYMNAST (ANIMAL IN KNEES)	6 STANDING SCALES (HOLD FOR 3 SECONDS)		10 POWER TAKE-OFF CARTWHEELS (KICK FAST)		6 STRETCH JUMP, FAKE JUMPS (START & FINISH IN GYMNAST)