



# April 2019

## Gymnastics East



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**1**  
It's the first of the month, so start it off with a very important skill - Handstands

**2** Can you hold your bridge and make your legs stay together? Can you make them straight?

**3** How many push-ups can you do in a row? Can your nose touch the floor?

**4** Try a pike press from the floor. How long can you hold it? 10 seconds?

**5** Play wheelbarrows with a friend - take turns holding each other's legs while you walk!

**6** Walk in releve with tight arms by your ears for as long as you can!

**7**  
Sweat means your body is clean! Can you go outside and run for 10 minutes?

**8** How big can you make your straddle? Can you stretch both ways with straight legs? How about out in front?

**9** Try a straddle press on the floor. Push off the floor and try to balance with your bottom and toes up!

**10** Try candlestick roll ups. Start with flashlights up, roll back to candlestick, roll back up and jump up to flashlights!

**11** Can you do a forward and backward safety fall on the ground? How about forward and backward rolls on the ground.

**12** Try a bridge. Can you hold it for 10 seconds? Can you lift up a foot? How about trying to walk in your bridge?

**13** Can you roll from a hollow body to an arched body without letting your hands and feet touch the floor?

**GYM CLOSED FOR SPRING BREAK! NO GYMNASTICS FROM APRIL 8th-13th!**

**14**  
Can you fold yourself in half? Stretch in your pike and try to make your nose touch your knees.

**15** Try to run and make your knees go really high. Can you try bun kickers too?

**16** Walk like a crab forward, backward, & sideways.

**17** Can you do 100 jumping jacks?

**18** How long can you run for? 10 minutes? 20 minutes? Go outside and get active!

**19** Can you hold your candlestick with your hands on the ground for a minute?

**20** Do you remember burpees? Jump up, squat, front support, push up, squat, up!

**21**  
Happy Easter! Have fun looking for eggs!



**22** Celebrate **EARTH DAY**  Go for a walk and pick up litter.

**23** Can you do 20 V-ups? Try to keep your legs straight and your tummy tight.

**24** Find a safe place to practice your handstands! Try to hold it for 3 seconds.

**25** Do a plank for 30 seconds. If that's easy, try a side plank on each side for 30 seconds.

**26** Draw a chalk line & practice your cartwheel along the line.

**27** Do 10 tuck ups, roll over to superman and hold it for 10 seconds.

**28**  
Practice your pivot turns. Now try it while picking up one foot! (Coupe or passé turn)

**29** Try 15 tuck jumps, 15 straddle jumps, 15 pike jumps, and 15 full turns.

**30** Walk like an inch worm - can you do push-ups? How many?

