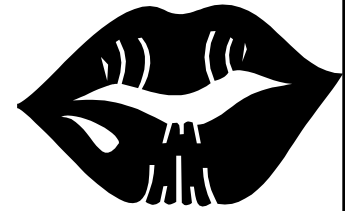






February 2019

Gymnastics East



<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1 Squat - tuck jump. Can you do this 10 times in a row?	2 Groundhog's Day How many tuck jumps can you do over your shadow?
3 How many crab pushups can you do in 30 seconds? Try it with your feet elevated.	4 Sit in a straddle stretch and write your Valentine's Cards.	5 Find a friend to play wheelbarrows. How far can you walk on your hands?	6 Can you do 10 candlestick roll ups in a row?	7 How many sit-ups can you do in 1 minute? Have a friend hold down your feet.	8 Find a safe place to practice your handstand.	9 Do 25 jumping jacks then run in place very fast for 1 minute.
10 How many push-ups can you do in 1 minute? 	11 Hold a "superman" for 20 seconds. Now roll over & hold a hollow for 20 seconds	12 Find an empty wall and do a wall sit. Can you hold it for 30 seconds? How about 60?	13 Have a grown up hold your handstand. See if you can tap your shoulder with one hand, then the other!	14 Happy Valentines Day. Sit in a V and spell Valentine! 	15 Walk on your tippy toes for 5 minutes. Then roll your ankles out.	16 Put a tape line on the floor. Jump-full turn 10 times trying to land back on the line.
17 Greet 3 friends with the "over-under - upside down shake". Don't let go hands until you are out of it.	18 President's Day Handstand - have a grown up hold 1 leg for you.	19 Inchworm walk your way across the living room.	20 Sit in a pike stretch for 1 min. Grab your toes; keep your knees straight.	21 Jump rope for 10 minutes, then straddle stretch.	22 Go outside and run until you sweat!	23 Practice your safety falls forward then backward.
GYM IS CLOSED FOR MID WINTER BREAK! NO CLASS FEB 18th-23rd.						
24 Stretch like a seal and a cat; then try walking in your bridge.	25 Practice your superman rocks. Then touch your toes in your pike stretch.	26 Sit in a straddle, press on your hands and can you lift your body off the ground?	27 Sit in a V and do 25 scissor kicks then balance holding your ankles in the air.	28 Hold a scarf under your chin & practice your rolls - forward & backward.		