

A Happy New Year!

January 2019 Gymnastics East



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Do 17 tuck jumps to welcome the New Year, then stretch.	2 Jump rope for 10 minutes, then sit in a straddle stretch for 2 minutes.	3 Do 25 banana rocks, then 25 superman rocks.	4 Practice your forward safety falls. Now try it with a ball in your arms.	5 Walk on your tippy toes for 5 minutes. Now drop your heels down below the step to stretch.
6 Watch cartoons in your straddle stretch.	7 BACK TO GYM CLASSES Practice your handstand for our 'stickers for handstands' month.	8 Have a sit-up contest with your family. Can you do a sit up keeping your feet on the ground?	9 Inch worm walk your way around the house.	10 Do 5 full turn jumps in each direction.	11 Practice "forward roll, jump full turn".	12 Balance on 1 foot as long as you can. Try it with your eyes closed.
13 Find a line and practice ski jumps.	14 Run in place fast, slow. Run sideways, zig zag forward, forward roll and keep running.	15 Have a push up contest with your whole family.	16 Do 25 jumping jacks. Then sit and reach for your toes for 25 seconds.	17 Do a seal stretch & a cat stretch. Now practice your bridge.	18 Practice your handstand. Have someone hold one leg while you count to 20.	19 Practice your safety falls with a football in your hands.
20 Put a soft toy on your tummy and crab walk around your house.	21 Find a safe place to practice your handstand.	22 Go for a bike ride with a friend and then show them how to stretch your legs.	23 How many push-ups can you do? Now try a handstand push up with a grown up holding your ankles.	24 Hands on the floor-do teeter-hop-totters in a straight line down the hall.	25 Practice your splits. Keep your belly button facing forward. Hold each for 1 minute.	26 Mozart's Birthday He wrote 'Twinkle, Twinkle Little Star' at 5 years of age. Touch your toes in a pike stretch & sing it 5 times.
27 How many sit-ups can you do? Now do your homework in a straddle stretch.	28 "Squat-front support - push up-squat- stretch jump". How many of these burpies can you do in a row?	29 Do a bridge and hold it for 20 seconds. Can you turn in a circle in your bridge?	30 Run in place as fast as you can. Then slow down & jog 1 more minute.	31 Try high skips, hopping on one foot, and jumping all for a minute each.	<div>It's Football Month at the gym. Don't be late for our fun football conditioning warm ups.</div>	