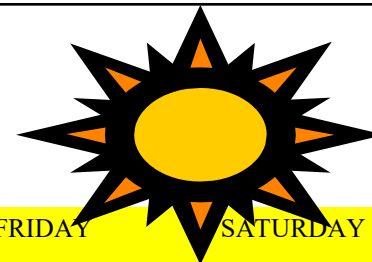


# June 2019

## Gymnastics East



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**30**

Practice your splits. Keep your belly button facing forward. Hold each for 1 minute

**Busy this summer?**  
Ask about our make up classes or our Open Gym on Friday nights!

**1**

**Girl's Gym Show this weekend at Newport High School!**

**2**

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**3**

Walk with a book on your head ...forwards, backwards, sideways. Can you squat & stand up again?

**4**

Try reading or doing your homework in a straddle stretch!

**5**

Run in place as fast as you can. Then slow down & jog 1 more minute.

**6**

Do a seal stretch & a cat stretch. Now practice your bridge.

**7**

Do 25 jumping jacks. Then sit and reach for your toes for 25 seconds.

**8**

**Boy's Gym Show at the Bellevue Gym!**

**9**

Go for a bike ride with a friend then show them how to stretch your legs.

**10**

Practice your safety fall but roll up to your feet after and jump—how many can you do in a row?

**11**

Can you do 10 tuck jumps, 10 straddle jumps, then 10 pike jumps? Can you follow with a minute of jumping jacks?

**12**

Find a good place to practice your handstand. See how long you can stay up.

**13**

How many sit ups can you do in a row? Now try it with tuck ups or V-ups!

**14**

Hold your candlestick for 30 seconds, then roll up to a pike press! Hold it as long as you can and go back to a candlestick.

**15**

Have a sit-up contest with your family. Can you do a sit up keeping your feet on the ground?

**16**

**End of the Gymnastics Year this week!**  
Practice your favorite thing you've learned this year.

**17**

Try to do a lever with your hands and back foot in a straight line. What about a lever-hop? A handstand?

**18**

Stretch in a straddle for 30 second, then try a straddle press!

**19**

Run outside and play until you sweat!

**20**

Put a tape line on the floor. Jump-full turn 10 times trying to land back on the line.

**21**

Have a grown up hold your handstand. See if you can tap your shoulder with one hand, then the other!

**22**

Think of some of the games we have played this year at gym and try them at home—Shipwreck! Tunnel Tag!

**23**

Practice your Superman Rocks. Then touch your toes in your pike stretch.

**24**

We are closed this week for the first week over summer. Go outside and ENJOY!

**25**

Stretch like a seal and a cat then try walking in your bridge.

**26**

Find a friend to play wheelbarrows. How far can you walk on your hands?

**27**

How many crab pushups can you do in 30 seconds? Try it with your feet elevated

**28**

Hold a scarf under your chin & practice your rolls - forward & backward.

**29**

Inch worm walk your way around the house. When you are in a push up position, count to 5