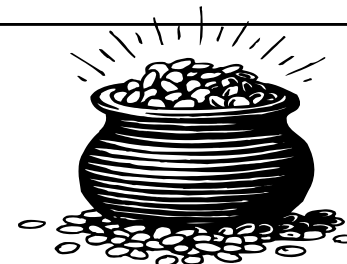



# March 2019

## Gymnastics East



SUN	MON	TUE	WED	THU	FRI	SAT
<b>3 1</b> Have your grown up hold your ankle while you try a handstand push up. How many can you do?	<b>Celebrating St. Patrick's Day March 17th with leprechaun gold coins given out after class all week. (11th-16th)</b>				<b>1</b> Walk like a crab around the house with a small toy on your tummy.	<b>2</b> Stand on a step & do 25 heel raises on 1 foot then the other. Hold onto the railing.
<b>3</b> Do 25 v-ups then sit in your pike stretch for 1 minute (chest to thighs).	<b>4</b> Walk with a book on your head - forward and backwards, squat & stand up.	<b>5</b> Patty cake sit ups - Tuck sit facing a friend, feet touching... Lower down then sit up & pat hands.	<b>6</b> Who can do more sit-ups - you or your parents?	<b>7</b> Find a safe place to practice your cartwheels.	<b>8</b> Practice your safety falls forward & backwards.	<b>9</b> <b>Mini Nationals at the Issaquah Team gym.</b> Practice your safety falls forward & backwards.
<b>1 0</b> Practice your bridge! Hold it for 25 seconds.	<b>1 1</b> Do 10 candlestick roll-ups holding a sock between your arms and ears.	<b>12</b> Do 25 crunches, then 25 Superman Rocks. Now stretch your stomach in a seal stretch.	<b>13</b> Practice the "over-under-upside-down shake" for St. Paddy's Day on Sunday.	<b>1 4</b> Put something green between your legs. How many tuck jumps can you do?	<b>1 5</b> Sit in your splits & read a book about Leprechauns	<b>16</b> Find a safe place to practice your handstands!
<b>1 7</b> Happy  <b>St. Patricks Day</b> Greet someone with the "over-under-upside down shake"	<b>18</b> Do 20 Banana Rocks then 20 Superman Rocks.	<b>19</b> How many crab push-ups can you do in 60 seconds? Don't let your bottom touch the floor.	<b>2 0</b> Play "shipwreck" with your friends like we've done in warm-ups.	<b>2 1</b> Do 5 full turn jumps. Try forward roll jump full turn.	<b>2 2</b> Do the inchworm walk - keep your legs straight. Move your hands first then catch up with your feet.	<b>2 3</b> How far can you hop on 1 foot? Now try the other. Now balance on 1 foot & say the alphabet.
<b>2 4</b> Do 10 tuck jumps, 10 straddle & 10 pike jumps. Now stretch your hamstrings in a straddle stretch.	<b>2 5</b> Practice your Superman Rocks. Roll out your back & then try walking in a bridge.	<b>2 6</b> Do 50 jumping jacks while you watch cartoons. Then sit in a straddle stretch for the commercials.	<b>2 7</b> Run, jump, skip & hop until you sweat! Then do all the stretches that you can think of.	<b>2 8</b> Can you do 10 crab push-ups? Try it with your feet raised...don't let your bottom touch the ground.	<b>2 9</b> Sit in a V and do 30 scissor kicks, then balance holding your ankles in the air.	<b>3 0</b> Jump rope or jog with a friend for 15 min. Can you jump rope backwards?