









GYMNASTICS ACTIVITY BINGO



<p>GET DRESSED UP IN FAVORITE LEOTARD AND TAKE A PIC</p> 	<p>LINE UP DOMINOES, OR BLOCKS (NOTHING SHARP) ON FLOOR. DO RELEVÉ WALKS OVER THEM</p>	<p>DO A SPLIT JUMP AND TRY TO KEEP YOUR LEGS STRAIGHT AND TOES POINTED. HAVE SOMEONE TAKE A VIDEO. WERE THEY? IF NOT, REPEAT.</p>	<p>MAKE UP A LEAP SERIES AND DO IT 10X</p> 	<p>DO A HANDSTAND AND HAVE SOMEONE TAKE A PIC. WERE YOU STRAIGHT? IF NOT, REPEAT</p>
<p>SEE HOW MANY SISSONES YOU CAN CONNECT</p>	<p>DO A SPIDERMAN HANDSTAND. REPEAT EVERY DAY FOR A WEEK.</p>	<p>PERFORM A DANCE THROUGH OF YOUR ROUTINE FOR AUDIENCE AT HOME</p>	<p>CALL, MESSAGE OR VIDEO CHAT WITH TEAMMATE</p>	<p>COME UP WITH A JUMP SERIES. DO IT 15 X</p> 
<p>A+ GIVE A COMPLIMENT TO A PARENT FOR BEING A GREAT GYM MOM/DAD</p>	<p>CHALLENGE A FAMILY MEMBER TO A RELEVÉ HOLD</p>	<p>WRITE DOWN ONE REASON YOU LOVE GYMNASTICS</p> 	<p>CHALLENGE A FAMILY MEMBER TO A PLANK HOLD DUEL</p>	<p>COME UP WITH A GYMNASTICS AT HOME MANTRA. WRITE IT OUT, AND MAKE IT PRETTY WITH COLORS</p>
<p>DO SKILLTRAKKER 300 HIGH WEEKEND CHALLENGE- 25 HIGHS FWD, BWD, TO SIDE. REPEAT OTHER LEG. REPEAT NEXT DAY.</p>	<p>DO 100 LEAPS</p> 	<p>CHALLENGE A FAMILY MEMBER TO SEE WHO CAN HOLD SCALE LONGER</p>	<p>DO A GYMNASTICSHQ COLORING SHEET</p> 	<p>DO 1,000 HANDSTANDS</p> 
<p>WRITE DOWN EVERY JUMP YOU KNOW. DO EACH 10X</p> 	<p>PLAY LEAP THE GREEK WITH A SIBLING OR FAMILY MEMBER</p>	<p>WRITE A NOTE TO YOUR COACH YOU CAN GIVE THEM WHEN YOU GO BACK</p>	<p>VIDEO CHAT WITH RELATIVE AND SHOW THEM A DANCE THROUGH OF YOUR ROUTINE</p>	<p>DO CONNECTED GARTWHEELS ALL AROUND THE PERIMETER OF YOUR HOUSE</p>