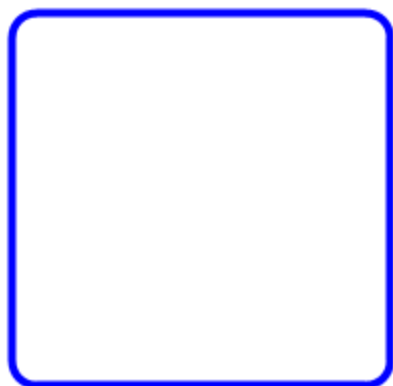


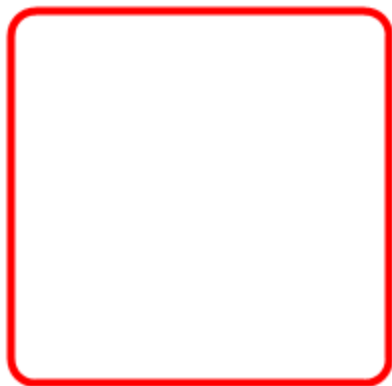
# CREATE A GYMNASTICS ROUTINE

Select 1 balance, 1 jump and 1 roll to create your routine. Make sure you LINK your moves together so that it flows.



Balance

Hold for 5 sec



Jump

Stick the Landing



Roll

Perform Correctly



Ta Da!

Hold for 5 sec.

# CREATE A GYMNASTICS ROUTINE

Select 3 choices to create your routine. Make sure you LINK your moves together so that it flows.



Choice 1



Choice 2



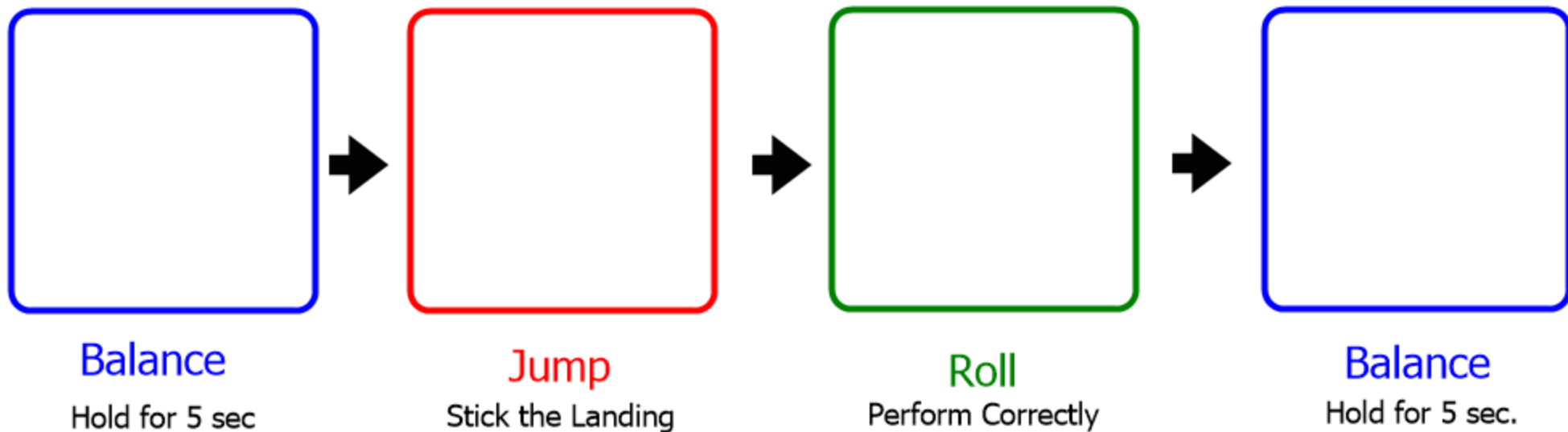
Choice 3



Ta Da!

# CREATE A GYMNASTICS ROUTINE

Select 2 balances, 1 jump, and 1 roll to create your routine. Make sure you LINK your moves together so that it flows.



# CREATE A GYMNASTICS ROUTINE

Select 1 animal walk, 1 jump, 1 roll, and 1 balance to create your routine.  
Make sure your LINK you moves together so that it flows.



Animal Walk

For 5 "steps"



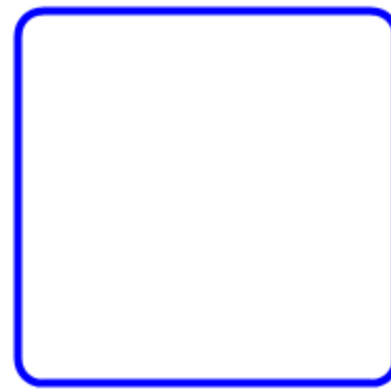
Jump

Stick the Landing



Roll

Perform Correctly



Balance

Hold for 5 sec.

## Balances

## Balances

## Jumps

## Rolls



Front Support



Asymmetrical Balance



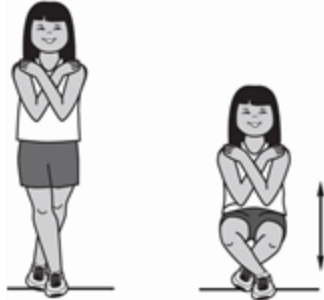
180/360 Jump Turn



Egg Roll



V Sit



Turk Stand



Straddle Jump



cartwheel



Hip Balance



Candlestick



Heel/Ankle Slapper



Dog Roll

## Balances



One Foot Balance

## Balances



Knee Lifter

## Jumps



Star Jump

## Rolls



Log Roll



Stork Stand



Knee Scale



Pencil Jump



Forward Roll



Knee Balance



Scale



Tuck Jump



Pencil Roll

## Animal Walks



Bear Crawl



Inchworm



Seal Walk



Frog Jump

## Additional Movements



Ring Bell



wave



Lift Leg



Lift Hula Hoop



Lift Bump Ball



Shake Bell Ball



Shake Ribbon

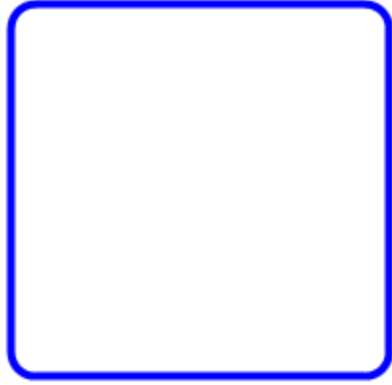


Spin Around

Animal Walks  
Additional Movements



Balances



Jumps



Rolls





## Additional Movements

