

 <p>CARTWHEEL</p>	<p>FORWARD ROLL</p> 	<p>10</p> <p>JUMPING JACKS!</p>
<p>20 RELEVE LIFTS (LIFT UP ON TO TIPPY TOES)</p>	<p>5 STRAIGHT JUMPS (KEEP ARMS BY EARS!)</p>	<p>BACKWARDS ROLL (BE EXTRA CAREFUL)</p> 
<p>5</p> <p>TUCK JUMPS! (KNEES UP)</p>	<p>10</p> <p>SAFETY FALLS (ARMS BY EARS!)</p>	<p>TUCK ON X3 PIKE ON X3 STRADDLE ON X3</p>
<p>HANDSTAND!</p>  <p>(FEET/LEGS TOGETHER)</p>	<p>BRIDGE/TABLE TOP!</p> 	<p>DO YOUR FAVORITE SKILL 3 TIMES!</p> 

<p>ROUND OFF</p> 	 <p>CARTWHEEL</p> <p>STEP-IN</p>	<p>BRIDGE</p> <p>KICKOVER/BACK</p> <p>WALKOVER </p>
<p>RIGHT LEG SPLIT</p> <p>1 MINUTE </p>	<p>LEFT LEG SPLIT</p> <p>1 MINUTE </p>	<p>MIDDLE SPLIT</p> <p>1 MINUTE </p>
<p>10 PUSHUPS</p> 	<p>20 SQUAT JUMPS</p> 	<p>30-SECOND PLANK</p> <p>HOLD </p>
<p>COME UP WITH A FLOOR ROUTINE</p> 	<p>SHOW US YOUR FAVORITE GYMNASTICS SKILL</p> 	<p>HANDSTAND HOLD FOR 5 GYMNASTICS (5 SECONDS)</p> 

