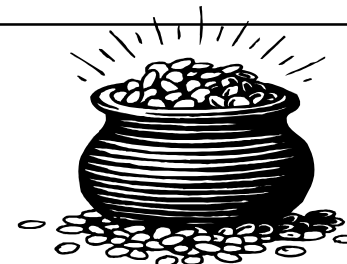


March 2017

Gymnastics East



SUN	MON	TUE	WED	THU	FRI	SAT
<p>Celebrating St. Patrick's Day March 17th with leprechaun gold coins given out after class all week.</p>			<p>1 Have your grown up hold your ankle while you try a handstand push up. How many can you do?</p>	<p>2 Jump rope or jog with a friend for 15 min. Can you jump rope backwards?</p>	<p>3 Walk like a crab around the house with something chocolate colored on your tummy.</p>	<p>4 Stand on a step & do 25 heel raises on 1 foot then the other. Hold onto the rail.</p>
<p>5 Do 25 V ups then sit in your pike stretch for 1 minute (chest to thighs).</p>	<p>6 Walk with a book on your head - forward and backwards, squat & stand up.</p>	<p>7 Patty cake sit ups - Tuck sit facing a friend, feet touching... Lower down then sit up & pat hands.</p>	<p>8 Who can do more sit-ups - you or your parents?</p>	<p>9 Find a safe place to practice your cartwheels.</p>	<p>10 Practice your safety falls forward & backwards.</p>	<p>1 1 Mini Nationals at the Issaquah Team gym. Practice your safety falls forward & backwards.</p>
<p>1 2 Practice your bridge! Hold it for 25 seconds.</p>	<p>1 3 Do 10 candlestick roll-ups holding a sock between your arms and ears.</p>	<p>14 Do 25 crunches, then 25 Superman Rocks. Now stretch your stomach in a seal stretch.</p>	<p>15 Practice the "over-under-upside-down shake" for St. Paddy's Day on Thursday.</p>	<p>1 6 For tomorrow, put something green between your legs. How many tuck jumps can you do?</p>	<p>17 Happy St. Patrick's Day Greet someone with the "over-under-upside down shake" for a gold coin at the gym.</p>	<p>1 8 Sit in your splits & read a book about Leprechauns.</p>
<p>1 9 Find a safe place to practice your handstand.</p>	<p>20 Do 20 Banana Rocks then 20 Superman Rocks.</p>	<p>21 How many crab push-ups can you do in 60 seconds? Don't let your bottom touch the floor.</p>	<p>2 2 Play "shipwreck" with your friends like we've done in warm-ups.</p>	<p>2 3 Do 5 full turn jumps. Try forward roll jump full turn.</p>	<p>2 4 Do the inchworm walk - keep your legs straight. Move your hands first then catch up with your feet.</p>	<p>2 5 How far can you hop on 1 foot? Now try the other. Now balance on 1 foot & say the alphabet.</p>
<p>2 6 Do 10 tuck jumps, 10 straddle & 10 pike jumps. Now stretch your hamstrings in a straddle stretch.</p>	<p>2 7 Practice your Superman Rocks. Roll out your back & then try walking in a bridge.</p>	<p>2 8 Do 50 jumping jacks while you watch cartoons. Then sit in a straddle stretch for the commercials.</p>	<p>2 9 Run, jump, skip & hop until you sweat! Then do all the stretches that you can think of.</p>	<p>3 0 Can you do 10 crab push-ups? Try it with your feet raised...don't let your bottom touch the ground.</p>	<p>3 1 Sit in a V and do 30 scissor kicks, then balance holding your ankles in the air.</p>	