

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Gymnastics Conditioning Bingo

longest plank	15 sit ups	15 pushups on the floor	run a mile	most situps in 1 minute
right leg split 1 minute	30 second plank	left leg split 1 minute	most burpees in 1 minute	15 Burpees
middle split 1 minute	15 tuck jumps	25 crunches	most v-ups in 1 minute	climb up stairs 10 times
15 v-ups	longest wall sit	most pushups in 1 minute	bike ride for 30 minutes	20 tight arch rocks
most stair climbs 1 minute	15 hollow body rocks	1 minute wall sit	15 pushups against counter	15 squats

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## Gymnastics Skills Bingo

10 Straddle jumps	10 left leg cartwheels	10 handstand holds on wall	right leg split one minute	middle oversplit 1 minute
10- 1 arm left cartwheels	10 right leg split jump	10- 1 arm right cartwheels	bridge jump feet up 10 times	10 handstands
bridge hold leg up 30 seconds	10 right leg cartwheels	10 Round offs	10 jump full turns	left leg split minute
10 pike jumps	10 switch leg leaps	right leg oversplit 1 minute	middle split 1 minute	10 left leg split leaps
10 left leg split jump	handstand walks 1 minute	10 right leg split leaps	left leg oversplit 1 minute	10 bridge kickovers

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## Silly Gymnastics Bingo

inside out gymnast	silly socks	silly meet hair	lucky stuffed animal	basketball gymnast
soccer gymnast	backwards gymnast	cheer gymnast	dancer gymnast	put on team leotard
swimmer gymnast	scrunchy time	<u>FREE</u>	YOU CHOOSE theme	champion gymnast
favorite medal	volleyball gymnast	studious gymnast	silly meet shoes	favorite ribbon
gymnast with a hat	sleepy gymnast	Cowboy Gymnasts	80's gymnast	put on practice leotard

