

B	I	N	G	O
Roll out muscles	500 skips with a rope	Complete the strength testing sheet	Play a game of twister	Hang on something-10sec per level
Climb something (safely!)	Re enact a famous gymnast pose	Hold front support as long as possible	Bridge hold with cushion on stomach	Play a game of limbo
Practise swinging-mix your grip!	Split & Straddle jumps on tramp	FREE	Cartwheel whilst holding cup of water	Go for a 20min walk/ run
Handstand hold on wall-forwards & backwards	Practise beam routine	Handstand practise-15min	Do 30 v snaps in each room	Hang-1min per level
Create a 5-10min workout	Climb 1000 steps	Jump on a tramp-5min per level	Write & send us 3 gym goals	Complete some stretches-20min

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Handstand hold on wall- forwards & backwards	Cartwheel whilst holding cup of water	FREE	Go for a 20min walk/ run	500 skips with a rope
Do 30 v snaps in each room	Jump on a tramp- 5min per level	Roll out muscles	Complete some stretches- 20min	Practise beam routine
Handstand practise- 15min	Hang- 1min per level	Practise swinging- mix your grip!	Re enact a famous gymnast pose	Create a 5-10min workout

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