

Gymnast

30 mountain climbers	1 min handstand wall hold	10 cartwheels	20 shoulder taps	15 frog jumps
1/1 side plank	25 scissors	15 straddle jumps	1 minute bridge	2 minute low plank
20 v-ups	40 donkey kicks	I love Gymnastics	1 minute crab toe-touches	10 gymnastics bridges
10 handstand wall push-up	20 squat holds/pulse	10 press handstands	10 get ups each sides	15 full turns
10 diamond push ups	1 minute switch leg v-ups	2 min wall sit	50 squats	10 back walkovers

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40 donkey kicks	1 minute bridge	20 shoulder taps	1/1 side plank	15 straddle jumps
10 cartwheels	50 squats	15 frog jumps	1 minute switch leg v-ups	2 minute low plank
10 handstand wall push-up	1 minute crab toe-touches	I love Gymnastics	10 gymnastics bridges	1 min handstand wall hold
10 get ups each sides	2 min wall sit	30 mountain climbers	10 back walkovers	20 squat holds/pulse
10 press handstands	15 full turns	20 v-ups	25 scissors	10 diamond push ups

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1 minute switch leg v-ups	2 min wall sit	1 minute bridge	15 full turns	1 minute crab toe-touches
30 mountain climbers	10 handstand wall push-up	10 press handstands	25 scissors	15 frog jumps
20 v-ups	10 back walkovers	I love Gymnastics	20 squat holds/pulse	10 get ups each sides
40 donkey kicks	2 minute low plank	20 shoulder taps	50 squats	10 cartwheels
10 gymnastics bridges	1 min handstand wall hold	15 straddle jumps	1/1 side plank	10 diamond push ups