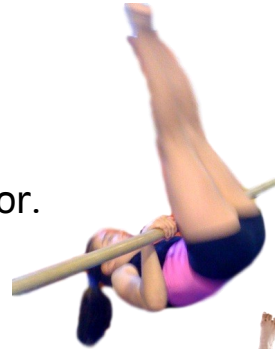




# ORANGE LEVEL GYMNASTICS TO GO



To help get that pull over:  
Do full candlesticks  
whenever you find yourself on the floor.



To help Improve your cartwheel:  
Sitting in your biggest straddle stretch side to side on  
the floor.



To strengthen your handstand muscles:  
Put your feet up on something with your  
shoulders over your hands. Make sure your  
feet are clean and your space is safe.



Glides swings will be a breeze after doing  
these exercises:

Sit in a pike with hands next to thighs and  
lift feet off ground with straight legs. Make  
it harder by reaching hands farther.

