



RED LEVEL GYMNASTICS TO GO

Body shapes you can memorize and practice at home.



Straddle:

Improve hip flexibility and strength by stretching in different directions. Concentrate on keeping knees fully straightened and facing up to the sky, with toes pointed.

Pike:

Improve your pike not only by stretching, but with straight-legged bear walks or inch worms. These will also make your shoulders stronger for handstands!



Tuck:

To help get that forward roll, do rock and rolls. Try to get all the way to your feet with out pushing off the ground with your hands!



Lunge:

Handstands, cartwheels, and roundoffs all start with a strong lunge and lever. Lunge near a wall, as you lift your back leg it will tip you forward to touch the wall, push off and land back in your lunge.

