



FISHERMEN'S BEND GYMNASTICS

Dice Strength #1.

Inside Activities suitable for Launch Pad classes and Junior Squads

Burpees	Bird Levers
'Toilet Seat' Squats	Superman Lifts
Single Leg Calf Raises (using a step)	Jumping Jacks
Wall Crunches	Push Ups (hands on height)
Caterpillar Creeping	Front Support Shoulder Shrugs
Candle Hold (counts)	Towel Slides