

# Daily Gymnast Fitness Challenge

*How many can you do in 60 seconds?*

- ★ Arch rocks
- ★ Jumping jacks
- ★ Burpees
- ★ Levers
- ★ Half turns
- ★ Split jumps
- ★ Rolling candlesticks
- ★ Pivots
- ★ Hitch kicks
- ★ Tuck Jumps

