

National Gymnastics Day

Learn how to do a cartwheel!

1. Imagine a line in front of you. Point your leading foot along the line and the rear foot at an angle you are comfortable kicking off with at.
2. Push through your front foot and place your hands on the floor on top of the imaginary line.
3. Keep your legs extended up towards the ceiling or sky.
4. Keep both of your arms and legs straight as you let momentum carry you over.
5. Finish with your feet on the line with your body facing the opposite direction than when you started.

