

# GYMNASTICS SHAPES

F R O N T S U P P O R T  
B O U V D N L E S Z B S  
A S U P E R M A N S Q O  
C T N D N O W T U C K L  
K W V D J V R U C O I I  
S E O C I Q S V H O P D  
U W O L S I T L O P P E  
P F V G T Q A A Z K T R  
P O G C R E R O C K E T  
O Q F I A H H E B L B R  
R P G Q D H P N D J Y C  
T P F D D Q Q V K H D L  
F H U T L A N D I N G Q  
H J E Q E G R I N D U J

Tuck  
L Sit  
Straddle  
Front Support  
Back Support  
Star

Rocket  
Solider  
Landing  
Scoop  
Superman

