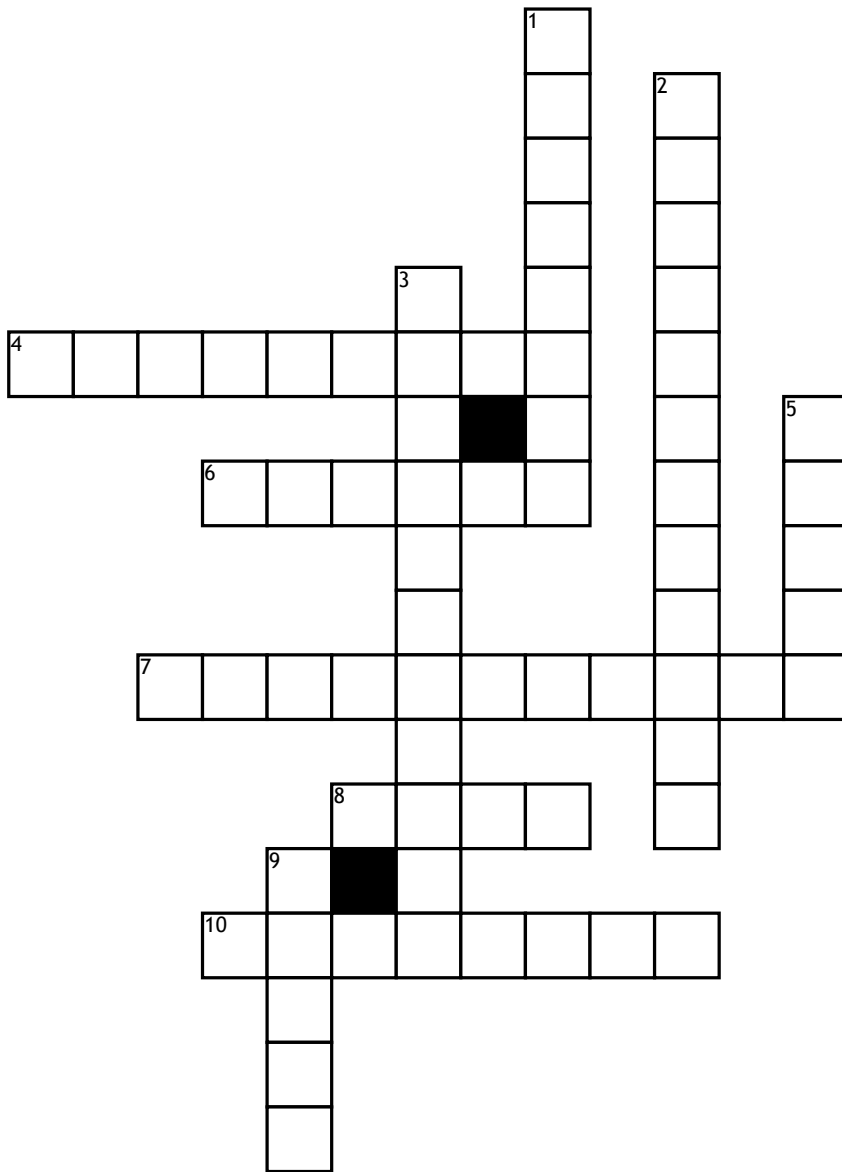


Gymnastics crossword:



Across

4. balancing on your hands with legs and feet in the air

6. arms and legs supporting you, as you push up into an arch-shape, with belly facing the ceiling

7. straightned legs, using your arms, legs and core to hold you up with stomach facing the ceiling

8. balancing on your buttocks, with the rest of your body in the air

10. bringing your knees up to your chest while jumping

Down

1. to sit with legs parted outwards. this can also be done in a jump

2. using your arms and core to hold you up in a push-up position

3. laying on the ground, with legs pointed vertically

5. to sit with legs stretched out on either side of your body

9. feet wide apart, with your front leg bent, and the back leg straightened