

FLIPO RULES



Fill in your FLIPO square and check our Instagram each day to see the skill of the day! Post your skill and tag us!

@flipsgymnasticscenter #flipsstrong #flipsrocks #flipshomenastics

F	L	I	P	O

FLIPO Word List

Use each word only ONE time.
There is NO free square so fill in all the squares!

Straddle up handstand

Tuck up handstand

Pike up handstand

Handstand

Forward roll

Backbend

Back walkover

Front walkover

Gymnast bridge

Split jump

Tuck jump

Straddle jump

Wolf jump

Pike jump

Push up hold

Downward facing dog

Crow pose

Press handstand

One handed cartwheel

Split

Turns – ½ turn, full turn, 1 ½ turn

Pivot turn

Cartwheel

Straddle roll

Mermaid pose

Pigeon pose