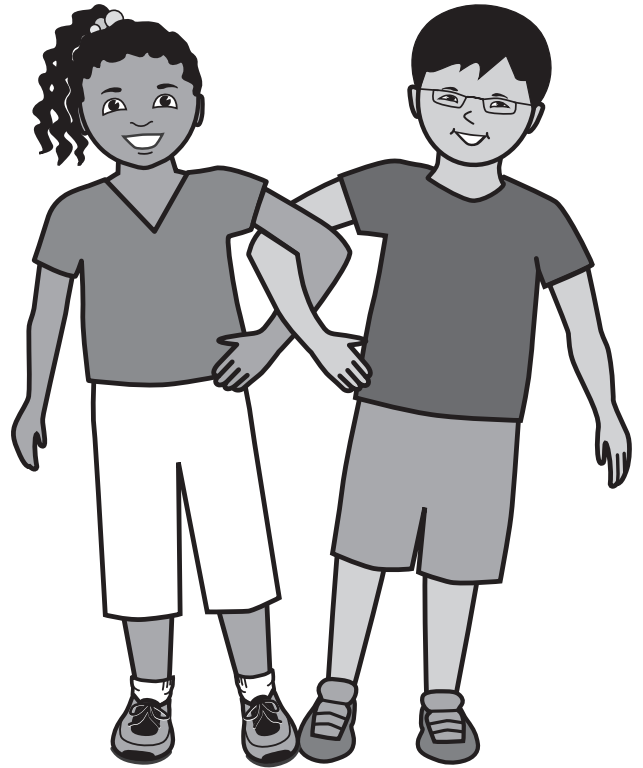


# De Lado a Lado

- ★ Stand side-by-side with your inside foot touching your partner's foot.
- ★ Link elbows and lean sideways away from your partner.
- ★ Can you hold for 5 seconds?



**BALANCE, STUNTS, AND TUMBLING**  
**PARTNER COUNTERBALANCES AND STUNTS**

# Agacharse hacia Delante

- ★ Face your partner and join hands.
- ★ Slowly bend your knees as if you are sitting down in a chair.
- ★ Can you hold this balance for 5 seconds?
- ★ Switch roles.
- ★ Can you move up and down with your partner like a see-saw?



**BALANCE, STUNTS, AND TUMBLING**  
**PARTNER COUNTERBALANCES AND STUNTS**

# De Espalda a Espalda

- ★ Stand back-to-back with your partner with elbows linked.
- ★ Bend your knees and slowly push against your partner's back.
- ★ Can you hold this position for 5 seconds without moving?

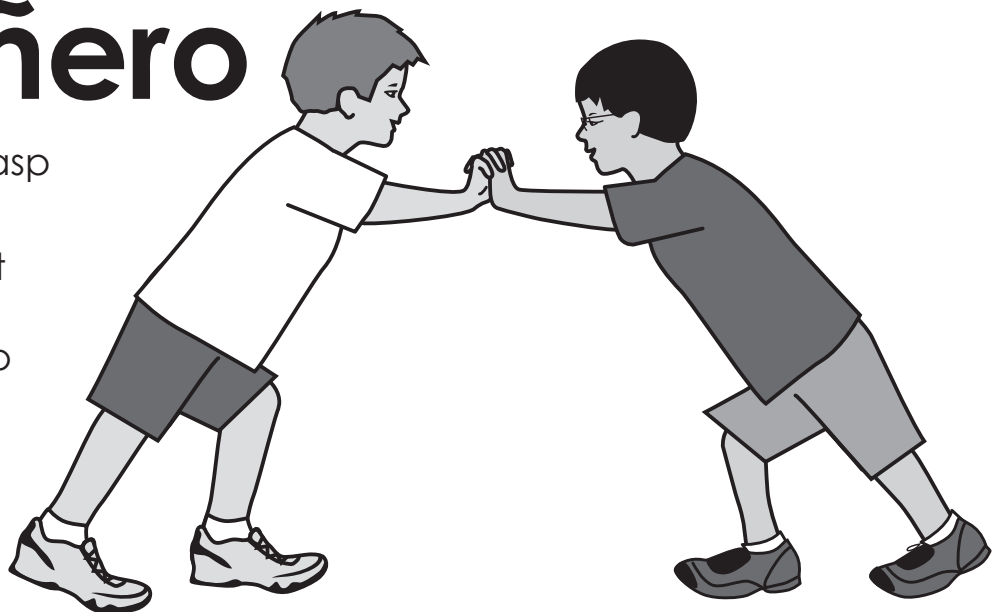


**BALANCE, STUNTS, AND TUMBLING**

**PARTNER COUNTERBALANCES AND STUNTS**

# Flexión de Brazos (Lagartija) con Compañero

- ★ Face your partner and clasp hands out in front of you.
- ★ Both step back with 1 foot and try to straighten your arms (like doing a push-up against your partner.)

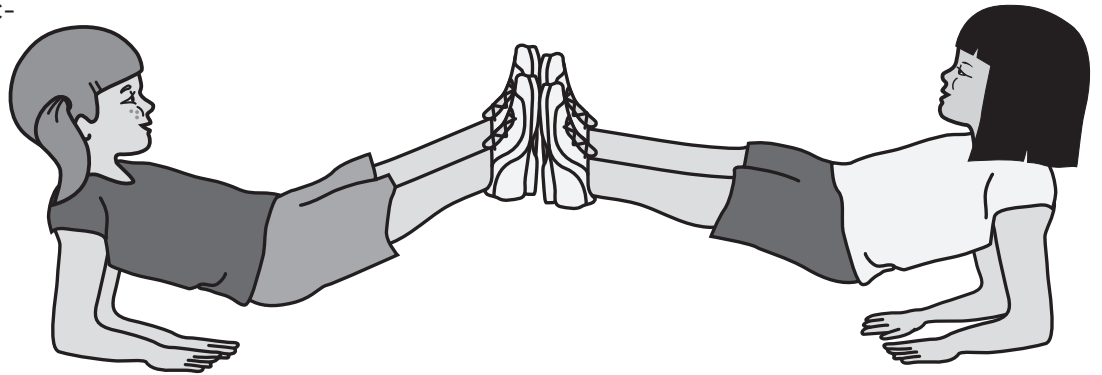


**BALANCE, STUNTS, AND TUMBLING**

**PARTNER COUNTERBALANCES AND STUNTS**

# Contrapeso de Hombros/Pies

- ★ Partners lie on back with heads in opposite directions, knees bent.
- ★ Place your feet up against partner's feet and slowly straighten your legs and lift up onto your elbows.
- ★ Can you hold for 5 seconds?

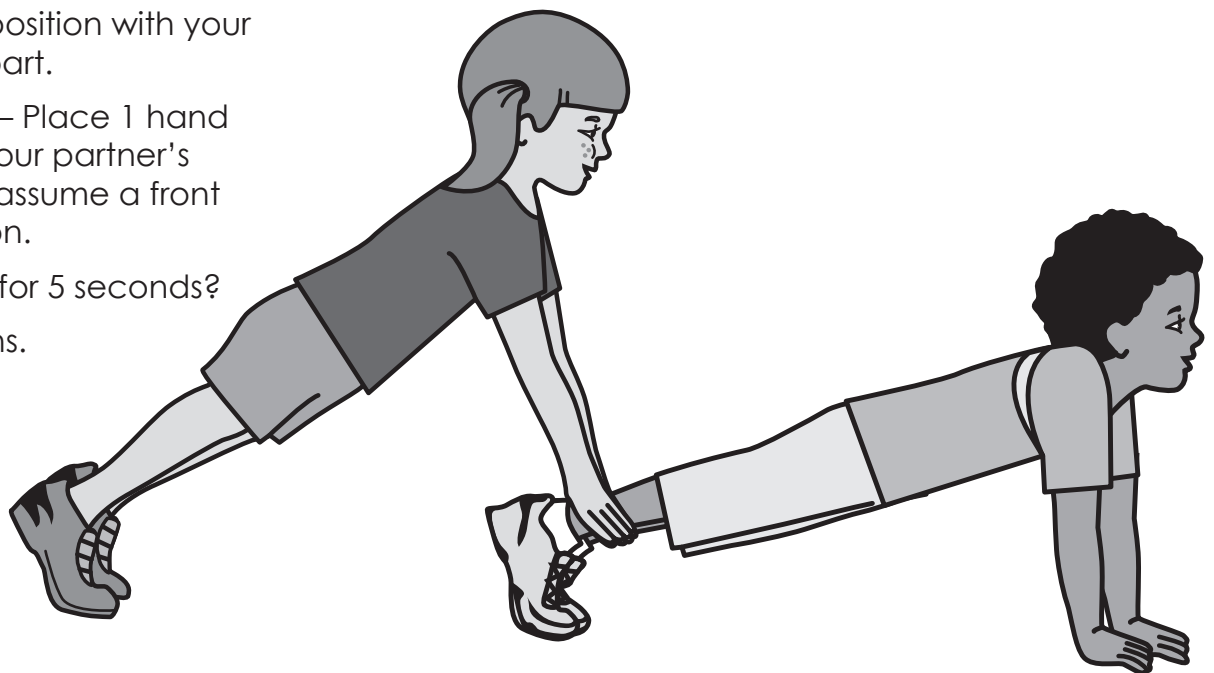


**BALANCE, STUNTS, AND TUMBLING**

**PARTNER COUNTERBALANCES AND STUNTS**

# Flexión de Brazos Doble

- ★ Front partner — Stand in a front support position with your feet slightly apart.
- ★ Rear partner — Place 1 hand at a time on your partner's ankles as you assume a front support position.
- ★ Can you hold for 5 seconds?
- ★ Switch positions.

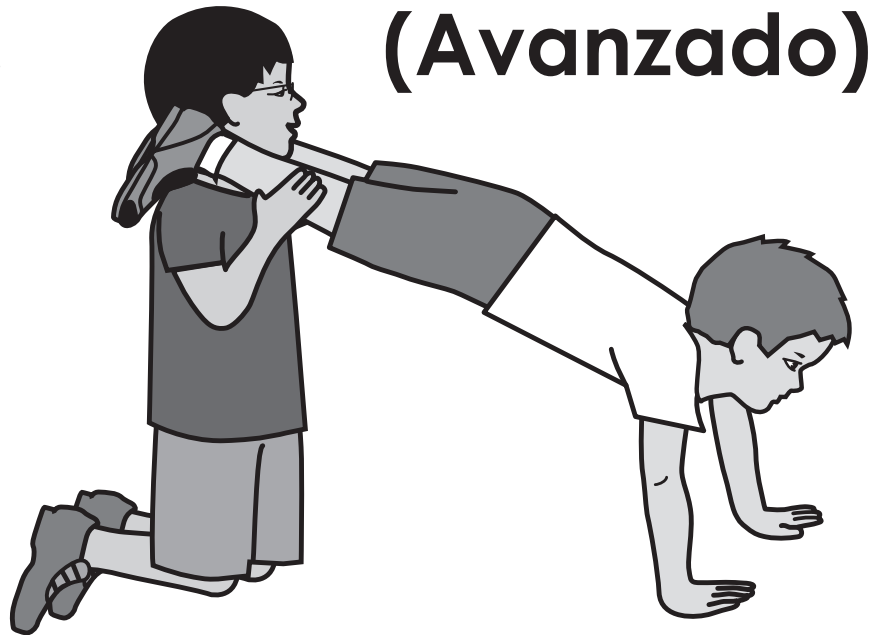


**BALANCE, STUNTS, AND TUMBLING**

**PARTNER COUNTERBALANCES AND STUNTS**

# Flexión de Brazos y Apoyo de Arrodillado (Avanzado)

- ★ Kneeling Partner — Stand on knees.
- ★ Push-up Partner — Face away from your partner and get into a front support position with your feet just in front of your partner's knees. Carefully place 1 foot at a time on Kneeler's shoulders.
- ★ Can you hold for 5 seconds?
- ★ Switch positions.

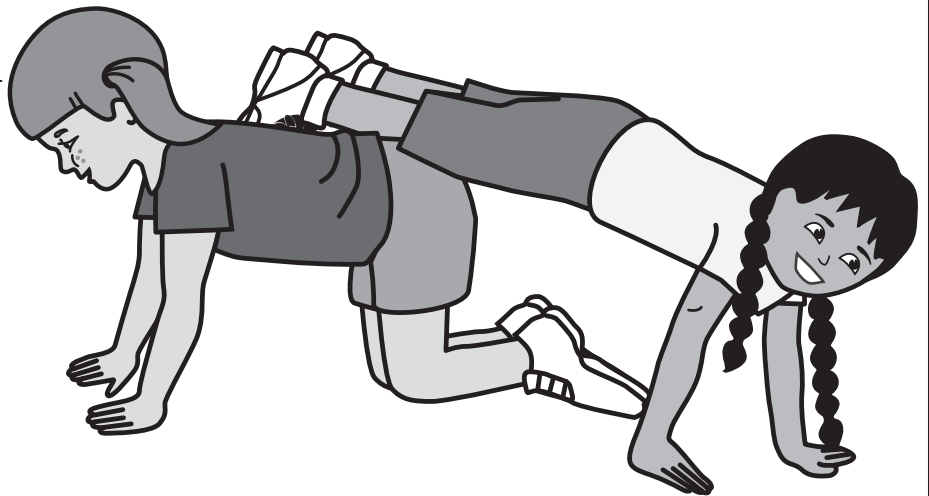


**BALANCE, STUNTS, AND TUMBLING**

**PARTNER COUNTERBALANCES AND STUNTS**

# Flexión de Brazos y Apoyo de Arrodillado Invertido (Avanzado)

- ★ Hands and Knees Partner — stand on hands and knees.
- ★ Push-up Partner — Face away from partner and get into a front support position with your feet just behind your partner's knees. Carefully place 1 foot at a time on partner's hips (not their back!).
- ★ Can you hold for 5 seconds?
- ★ Switch positions.



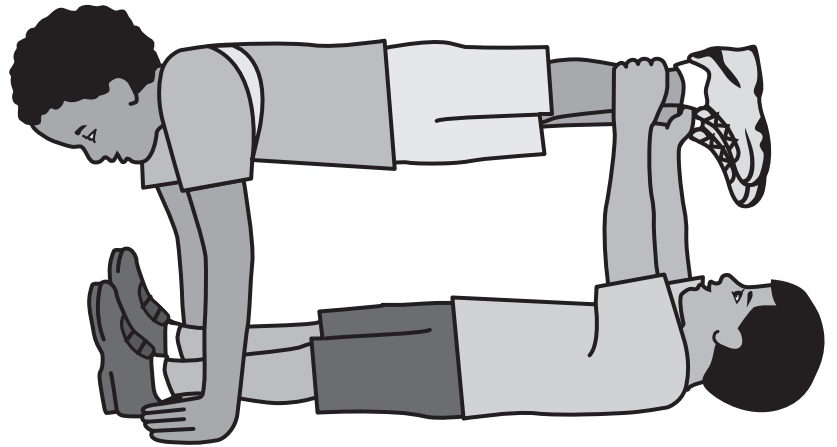
**BALANCE, STUNTS, AND TUMBLING**

**PARTNER COUNTERBALANCES AND STUNTS**

# Flexión de Brazos Boca Arriba con Apoyo

(Avanzado)

- ★ Bottom Partner — Lie on your back with your knees bent and your back and feet flat against the floor.
- ★ Top Partner — Get into a front support position with your feet on either side of your partner's head.
- ★ Bottom Partner — Grab your partner's ankles, then slowly straighten your arms, pushing them up.
- ★ Hold this position for 5 seconds.
- ★ Switch positions.



**BALANCE, STUNTS, AND TUMBLING**  
**PARTNER COUNTERBALANCES AND STUNTS**

# Carretilla

(Avanzado)

- ★ Wheelbarrow Partner — Put your hands on the floor and kick your feet up.
- ★ Gardener Partner — Catch the Wheelbarrow's feet with your hands and hold them off the ground, keeping your elbows straight with arms pointed down.
- ★ Can you walk across the activity area?
- ★ Switch roles.



**BALANCE, STUNTS, AND TUMBLING**  
**PARTNER COUNTERBALANCES AND STUNTS**

# Salto Por Encima (Avanzado) Del Compañero

- ★ Kneeling Partner — Kneel with hands on the ground and chin tucked to chest.
- ★ Jumping Partner — Stand behind Kneeler, place hands on their shoulders and push off to straddle jump over their back. Land, and then switch roles.
- ★ Continue across the area, then switch roles.

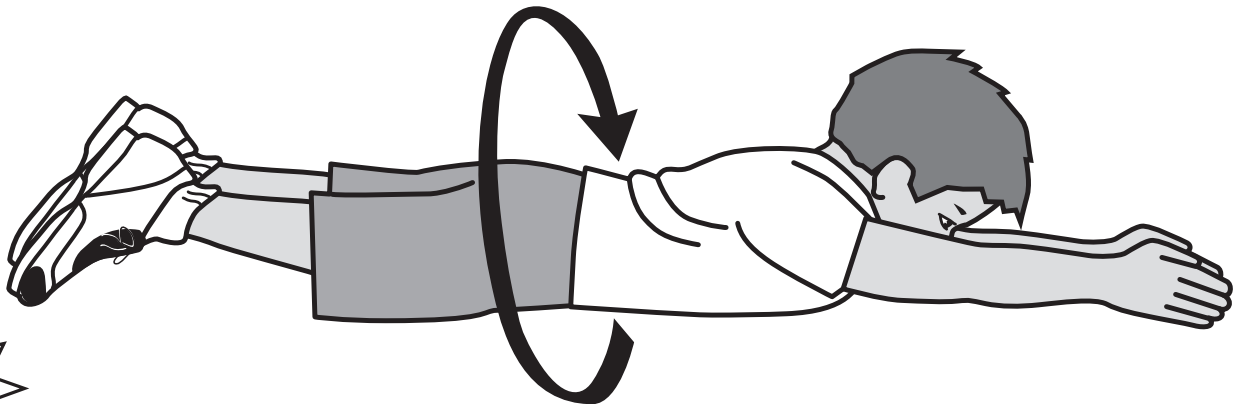


**BALANCE, STUNTS, AND TUMBLING**

**PARTNER COUNTERBALANCES AND STUNTS**

# Rueda Como un Tronco

- ★ Lie on your front, legs straight and together, arms together and overhead.
- ★ Roll over onto your back and continue until you are on your front again.
- ★ Keep your body straight.
- ★ Try the other direction.



**BALANCE, STUNTS, AND TUMBLING**

**ROLLS**