

Max's Amazing Gymnastics Guide

Get ready to stretch, jump, and balance with Max the Monkey!

- **Balance** means staying steady and still, even when you are on one leg.
- **Control** is moving slowly and carefully so you don't wobble or fall.
- **A sequence** is a set of different movements joined together to make a routine.
- **Always** remember to warm up your muscles before you start to jump or stretch.
- **Good posture** means keeping your back straight and your chin held high.

Did you know? Did you know? Gymnasts use 'tension' in their muscles to keep their bodies straight and strong while they perform, just like a bridge holding its shape!

Key vocabulary: Balance · Tension · Sequence · Control · Posture · Extension