

Mastering the Art of Gymnastics with Max the Monkey

Flex your muscles and find your flow—it's time to defy gravity!

- **Core stability is essential in gymnastics because it provides a solid foundation for your limbs to move while maintaining balance.**
- **A sequence is a planned series of movements that flow together, demonstrating control and grace from the starting pose to the final landing.**
- **Tension and extension involve stretching your muscles to their full length, which gives gymnastic shapes a clean and professional appearance.**
- **Momentum is the force gathered during movement; learning to control this force is the secret to safe landings and smooth transitions.**
- **Precision is the goal of every gymnastic skill, where the focus is on perfecting the tiny details of body alignment rather than just completing the move.**

Did you know? Did you know? Professional gymnasts focus heavily on proprioception, which is the body's ability to sense its position in space. By training the brain to map every movement, gymnasts can perform complex rotations with incredible accuracy, even when upside down!

Key vocabulary: Core stability · Tension · Extension · Sequence · Centred · Precision · Aesthetic · Momentum