

cheerleading

H B O O B E D Z T K G L G P Q N O
G B S T B L H B S B E X R G T H K
G J B B R B U R L B L A K G F W A
U B R N B M Z G E N E A V N T T U
N N S Z Q U H X E G V H T I I A J
R O B C I T S Z H G A V W H R C D
Z R I A G N O H W P T A C C M D B
J S I S X C M L T B O W G T U J S
N J R T N W S T R P R A H E C I Z
H P F S P E N F A I R O C R Y N N
P W M K Q D T S C K H R M T W F P
J X F K J U A X B O I S D S S F V
B V X S B Y A N E J A T T C T C L
Y Y I M G P F T C W Z U X F C I D
Y W X X D G L V S E T N C P M Y H
F P I J M X R T I C K T Z B C T T
J P C Z E K A T E R N S A U R W B

cartwheels stretching extension elevator

stunts tumble retake squats

dance smosh limb tick