

STRENGTH CIRCUIT

Do **each circuit** three times **BEFORE** moving to the next circuit.

Focus on clean form – straight legs, pointed toes. Arms in ALL “arch” exercises are straight, by your ears.

Circuit One

40 seconds Hollow Body Flutters

40 seconds Arch rocks

25 side arch ups (each side)

Circuit Two

40 toe touches

30 upper body arch ups

15 side plank dip (each side)

Circuit Three

30 plank shoulder touches

30 lower body arch ups

15 single leg v-ups (each leg)

STRETCH – arm circles, standing pike, standing needle kicks, wrists, splits, bridges – similar to a stretch you would do at the start of practice.

BASICS - *If you have a panel mat/air track/etc please use it. If you do not have room for something, please replace it with 3 press handstands – no wall, but you may start with your feet slightly elevated.

Directions: do 3 of the following basic skills, WITH PERFECT FORM -> basics need to be done with perfect form so that your more advanced skills have perfect form. Please go in order.

- Handstand hold, no wall
- Handstand ½ pirouette
- Handstand walk the length of your panel mat
- Cartwheel, BOTH left and right
- One-arm cartwheel, good side only
- Cartwheel from your knee, left and right
- Cartwheel step-in, from your knee, good side only
- Bridge rocks
- Bridge kick-over
- Handstand to bridge, kick over
- Back walkover (if you have room) – or back-bend kickover
- Front walkover (if you have room) – or front limber.

POST-WORKOUT STRETCH

- L/R splits – 1:15 each
- 15 sec frog stretch / 15 second half frog half middle split stretch each side
- 1:00 middle split