

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

30 seconds Hollow Body Flutters

30 seconds Arch rocks

15 side arch ups (each side)

Circuit Two

30 toe touches

25 upper body arch ups

10 side plank dip (each side)

Circuit Three

20 plank shoulder touches

25 lower body arch ups

10 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