

Acrobatic Arts - Level 3

Flexibility

Pre-Splits R (6 inches)



Pre-Splits L (6 inches)



Pre-Splits Centre (6 inches)



Pre-forward bend (4 inches)



Pre-toes to head (6 inches)



Strength

Plank 30 seconds
One at a time



Superhero 30 seconds
Altogether



Table Top 30 seconds
Altogether



Upper Body Lifts (20 consecutive)



V Sit 30 seconds
One at a time



Wall Sit 30 seconds
Altogether



Bridge (in line) 20 seconds






Handstand facing the wall, 20 seconds
One at a time











Balancing

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Quarter Scorpion, 5 seconds (R or L) One at a time	Seated Double Leg Hold ,10 seconds One at a time	Headstand (Tuck) 10 seconds One at a time	
			

Limbering

Down to bridge One at a time	Bridge with transfer of weight One at a time	Walk down the wall to bridge, One at a time	Bridge Retiré Developpé (R & L) One at a time
			
Bridge Kick over with a stack (R or L) One at a time	Bridge with Kick and Hop (R & L) One at a time	Bridge Walking (2 metres) One at a time	Inside out Bridge One at a time
			

Tumbling

Backwards Roll to standing One at a time	Straight handstand (R & L) One at a time	Cartwheel (R&L) One at a time	Cartwheel from one knee (R or L)
			

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