

Acrobatic Arts - Level 2

Flexibility

Pre-Splits R (6 inches)



Pre-Splits L (6 inches)



Pre-Splits Centre (6 inches)



Pre-forward ben (6 inches)



Pre-toes to head (6 inches)



Strength

Plank 20 seconds
One at a time



Superhero 20 seconds
Altogether



Table Top 20 seconds
Altogether



Upper Body Lifts (10 consecutive)



V Sit 20 seconds
One at a time



Wall Sit 20 seconds
Altogether



Bridge centre, 10 seconds



Handstand facing the wall, 10 seconds
One at a time



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Balancing

Pre-Scorpion, 5 seconds (R or L)
One at a time



Seated Double Leg Hold , 5 seconds
One at a time



Teddy Bear Stand
One at a time, 5 secs



Limbering

Articulated Stretch and Flex
Altogether



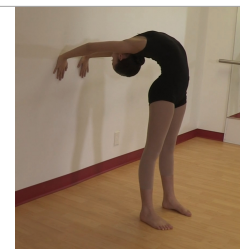
Kneeling Half Bridge
One at a time



Bridge Waving
Altogether



Walk down the wall to half bridge,
One at a time



Bridge Retiré (R & L)
One at a time

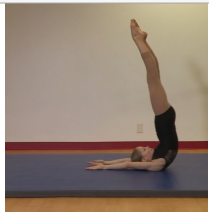





Inside Out Table Top, both ways
One at a time



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Tumbling

Rock and Roll from Standing (candle) One at a time	2 continuous straddle rolls One at a time	Forward Roll One at a time	Pre-Backwards roll One at a time
			
Pre-Handstand R & L One at a time	Cartwheel R or L One at a time		
