

THURSDAY ACRO 1 AND ACRO 3

PLEASE BEGIN WITH WARM UP AND STRETCH (ALL CLASSES) WORKSHEET

Acro 1

On Mat

- Candle sticks for 1 minute
- Seals for 30 seconds
- Basket for 30 seconds
- 5 baby back bends holding for 10 seconds each
- 5 brides (or back bends) holding for 10 seconds each. Try to lift one arm or lift one leg for a challenge!
- Cat stretch for 30 seconds
- Head stands 5 for as long as you can balance
- Hand stands 5 for as long as you can balance

Across Mat

- Forward rolls
- Straddle rolls
- Backward rolls
- Fish flops
- Cartwheels (left and right)
- One handed Cartwheels
- Handstand rolls
- Round offs
- Crab walks

Acro 2 ONLY (please do all acro 1 exercises as well)

- Hand stand bridge
- Front walk over
- Back bend kick over
- Back walkover
- Cart wheel pop ups
- Round offs
- Back bend to elbows, roll to seal

