

Cardio

*all items down and back

Running

Knees Up

Kick Butt

Side Chasse R. Leg

Side Chasse L. Leg

Side Alternating Chasse

Straight Leg Fwd Running Fwd

Straight Leg Bkwd Running Fwd

Deer Run

Single Leg Hop R. Leg

Single Leg Hop L. Leg

Alternating Single Leg Tuck Jump

Straight Punching

Tuck Jumps

Stretching Sequence

All Counts and Holding are 8 Seconds

Arm Circles Bwd

Arm Circles Fwd

Arms Cross in Front

Windmill

In & Outs

Arms up to Crown; Press to Finish

Standing Pike

Squat with Ankle Presses Fwd

Repeat Pike and Ankle Presses

Downward Facing Dog

Running Feet; R Foot Stretch

Running Feet; L Foot Stretch

Punch Straddle Handstands

Wrist Stretch (Fwd, Bwd, Upside down)

Cat Stretch; R Arm Under, L Arm Under

Shoulder Stretch With Arms Behind; Slide Arms Around laying Memory Shape

Bridge and Rock & Roll

Bridge With Kicks Each Side, Kick Over to Lunge.

R Leg Short Lunge

R Leg Long Lunge

R Leg Lunge With Elbows on Floor, Back Leg Straight

R Leg Hamstring Stretch with Flexed Front Foot

R Leg Split Arms Reach Fwd Towards Front Foot

Arms Up to Crown and Reach Back to the Floor and Hold
Arms to T and Hold

Turn to Center Split; Stretch to the Right, Left, and Center

Slide into Middle Split With Arms Reaching Fwd

Straddle Hold

Repeat Lunge and Split Sequence on Left Leg

5 Candlestick Straight Jumps

10 Punch Straddle Handstands

BASICS

Kick Up to Handstand, Hold for 3 Seconds, Walk Fwd

Back Ext. Roll With Hand Shift, Hold for 3 Seconds, Pike Down

2 BWO Holding Splits, 2 FWO Continuous to Lunge

2 FWO Holding Splits, 2 FWO Continuous to Lunge

Cartwheel to 3 BHS Stepouts

2 Power Hurdle RO Rebound

Power Hurdle RO BHS Back Tuck

Power Hurdle RO BHS Layout

Run Punch Front Tuck Rebound, Run Punch Front Tuck Stick

Alternating Standing Back Tuck Stick, Standing Back Tuck Lunge
Finish

2 Beam Flight Series

2 Beam Turn, 2 Floor Turn

2 Beam Leap Pass

2 Floor Leap Pass