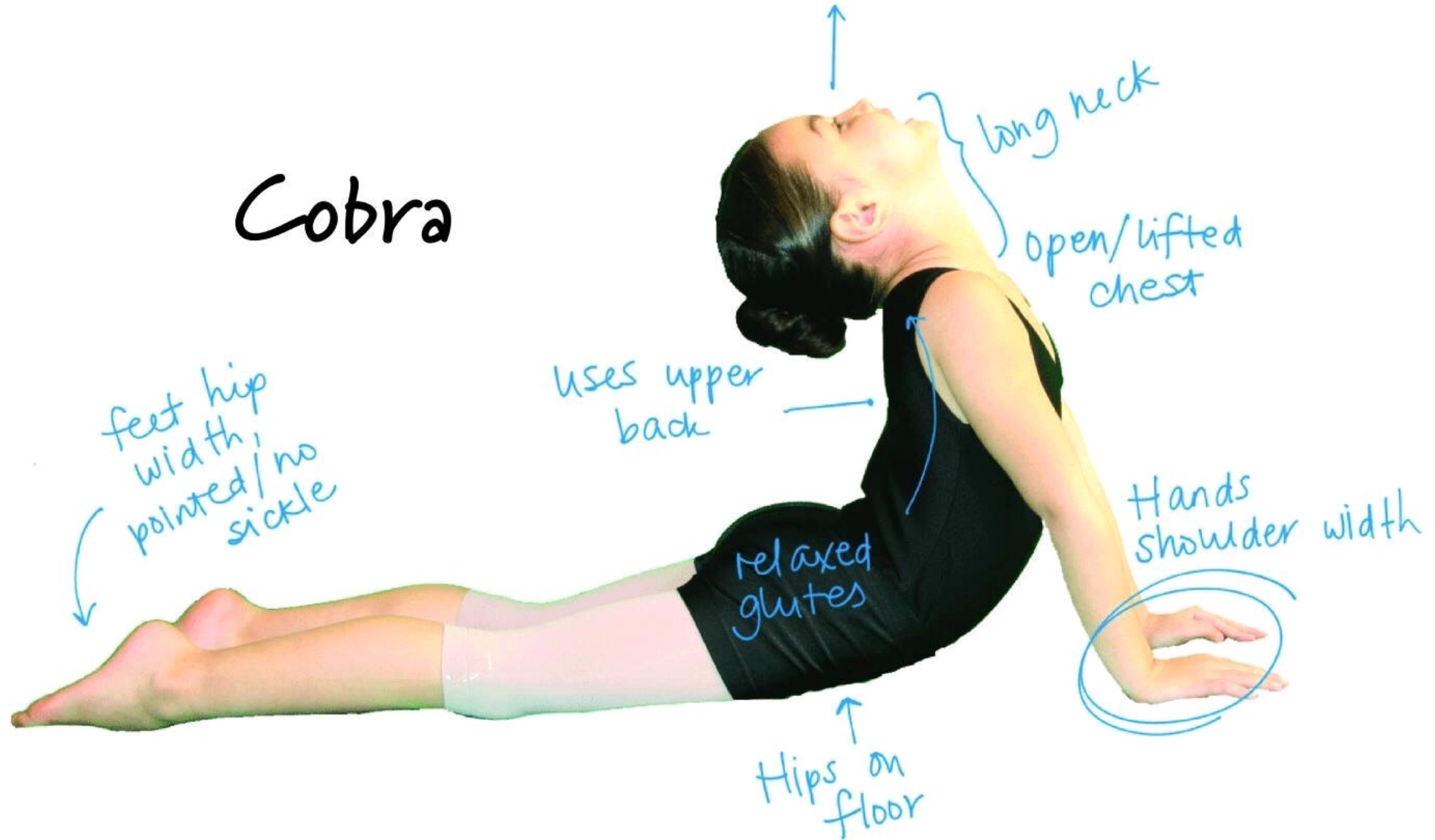
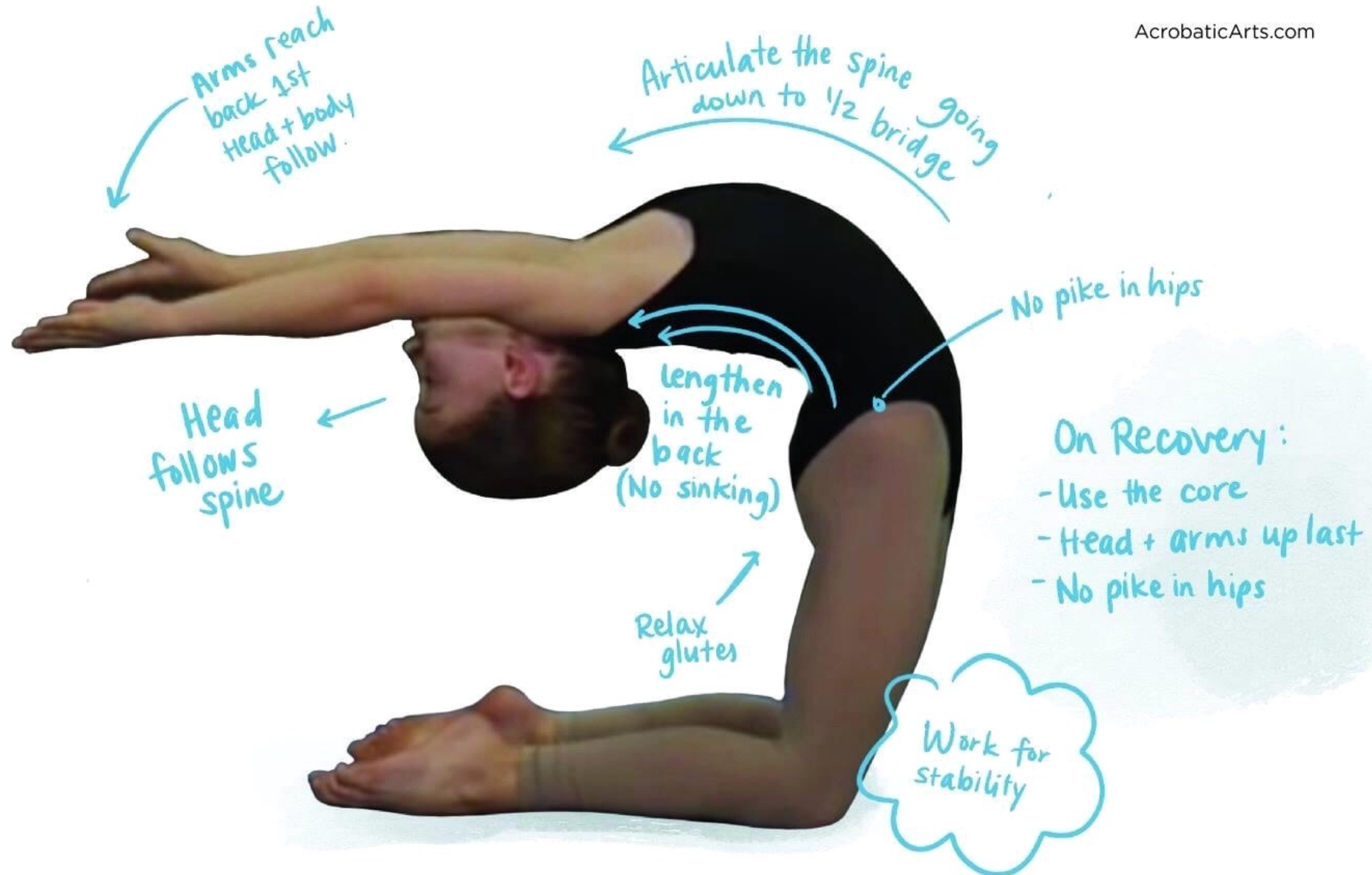


Cobra



Kneeling Half Bridge



Pike Handstand on the Wall





Square Hip Exercise

Students must demonstrated
Square and Open hip
Alignments

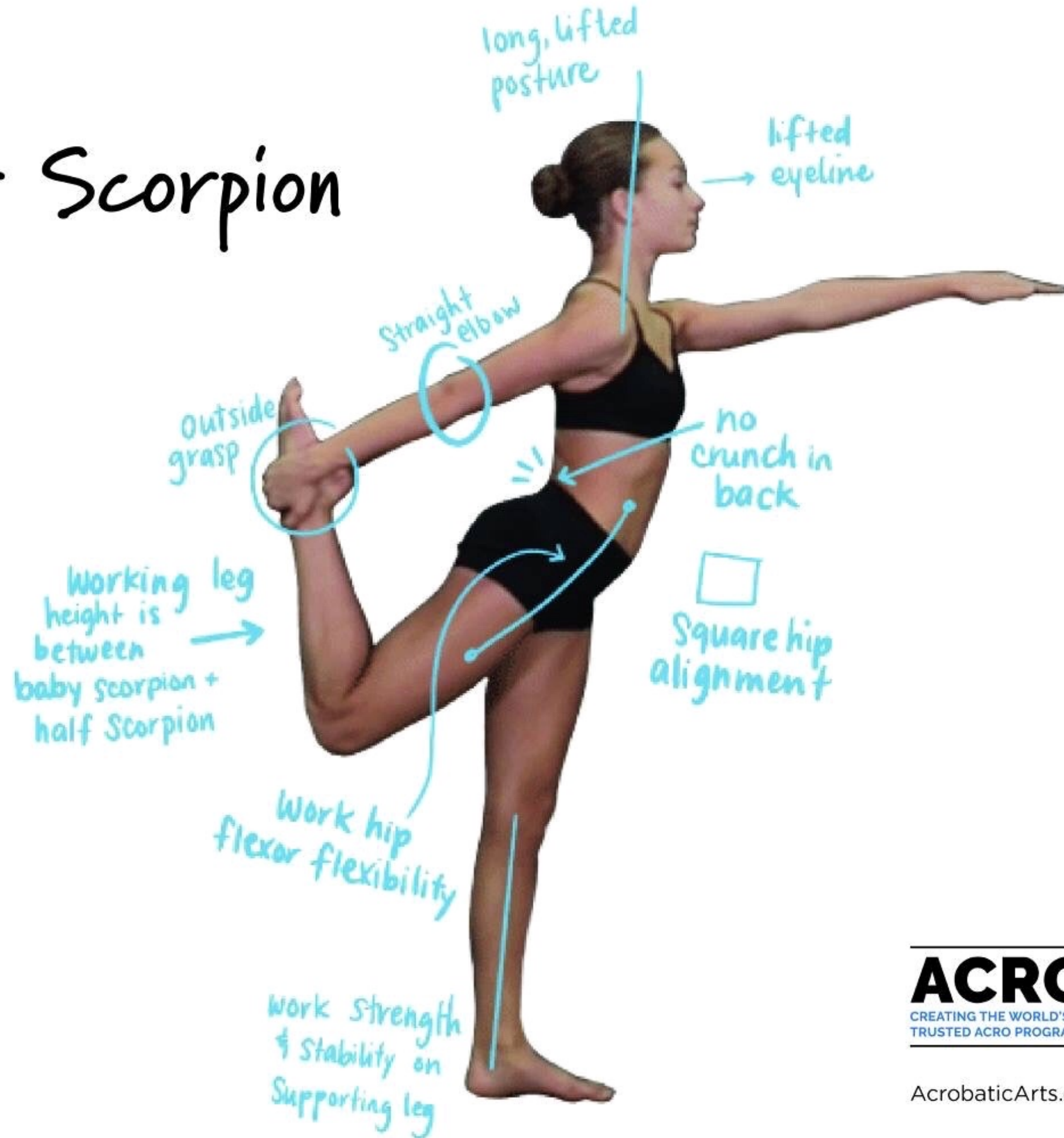


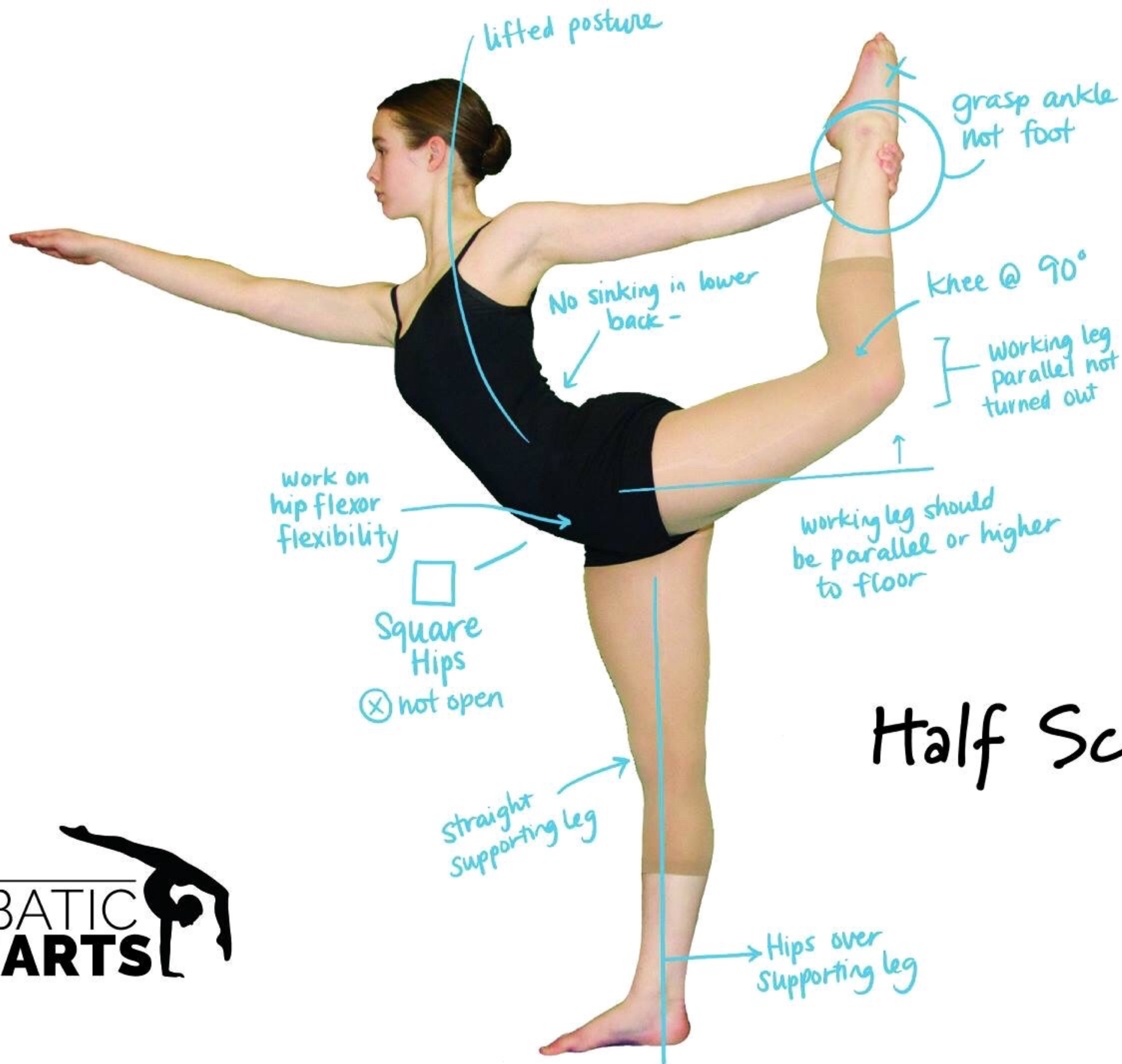


V Snap



















Quarter Scorpion





Half Scorpion



 <p>Stretch & Flex</p>	 <p>Baby Bridge</p>	 <p>Table Top</p>	 <p>Tuck Jumps x 3</p>
 <p>Superman</p>	 <p>Hollow Position</p>	 <p>L Handstand</p>	 <p>Downward dog</p>
 <p>Crab walks 5 feet</p>	 <p>Bridge</p>	 <p>Baby Scorpion</p>	 <p>Butterfly</p>
 <p>Rock & Rolls</p>	 <p>Stand on foot, retire 5s</p>	 <p>Straddle</p>	 <p>Pike</p>