

The top 5 Acro skills to work on at home to develop strength and flexibility  
Only attempt this handout if you already have a secure bridge and handstand position

**THE TOP FIVE**

**Acro skills to work on at home**

**1 Planks**  
Any variation!  
Benefits: Core strength, Shoulder Strength, Balance and Stability

**2 Pre Split or Square Splits!**  
Benefits: Promotes body alignment, Flexibility

**3 Seated Double Leg Hold**  
Benefits: Flexibility, Balance and Standing Leg Holds

**4 Bridges**  
Any variations!  
Benefits: Stability, Flexibility and Limbering

**5 L Handstands with Hold**  
Benefits: Balance, Strength and Handstands

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