

At Home Workouts for:

Girls 2/3

MAY 27th - MAY 31st

AGES: 7-and UP



5/27	5/28	5/29	5/30	5/31
RUN IN PLACE (1 MIN) ★	IN-OUTS/TUCK INS (20) ★	ELBOW LEG LIFTS (15) ★	10 STRAIGHT JUMPS W/ ARM CIRCLE ★	HANDSTAND HOLD, BELLY AGAINST WALL (30 SECS) ★
PLANK HOLD (30 SECS) ★	FORWARD PIKE ROLL TO STAND ★	PUSH-UP HOLD FEET ELEVATED (30 SECS) ★	BACKWARD ROLL ★	FORWARD ROLL, 5 CANDLESTICK JUMPS ★
JUMP COMBOS ★	CARTWHEEL ON A LINE ★	RELEVE HOLD R&L (20 SECS) ★	HANDSTAND HOLD (10 SECS) ★	BRIDGE KICK-OVER ON LINE ★
KNEELING LUNGE, CARTWHEEL STEP IN ★	1/2 TURN & FULL TURN ★	"L" HANDSTAND HOLD ★	KNEELING LUNGE, HANDSTAND SNAP DOWN ★	BRIDGE KICK-OVERS ★
R LEG SPLIT (30 SECS) ★	L LEG SPLITS (30 SECS) ★	MIDDLE SPLITS (30 SECS) ★	FROG JUMPS (15) ★	SUPER GYMNAST HOLD (30 SECS) ★