

**ACRO & TUMBLING**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Class \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­\_\_\_\_\_\_\_\_\_\_

BLUE – FLEXIBILTY SKILLS TO BE DONE EVERY DAY

BLACK – STRENGTH SKILLS TO BE DONE 2-3X PER WEEK AT HOME

HOME PRACTICE SHEET

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Exercise | Repetitions | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
| Split (R) | 15 sec |  |  |  |  |  |  |  |
| Split (L) | 15 sec |  |  |  |  |  |  |  |
| Center split | 15 sec |  |  |  |  |  |  |  |
| Cobra | 15 sec |  |  |  |  |  |  |  |
| Toes to head | 15 sec |  |  |  |  |  |  |  |
| Superman | 15 sec |  |  |  |  |  |  |  |
| Hollow | 15 sec |  |  |  |  |  |  |  |
| Plank | 15 sec |  |  |  |  |  |  |  |
| V-Sit | 15 sec |  |  |  |  |  |  |  |
| Upper body Lifts | 15 |  |  |  |  |  |  |  |
| Step Hops (R) | 15 |  |  |  |  |  |  |  |
| Step Hops (L) | 15 |  |  |  |  |  |  |  |
| Wall Sit | 15 sec |  |  |  |  |  |  |  |

\*Advanced students can do multiple sets of 15, or execute each skill up to 60 seconds. Focus on proper form!