

**ADVANCED 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 #2

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Exercise | Repetitions | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
| Split (R) | 30 sec |  |  |  |  |  |  |  |
| Split (L) | 30 sec |  |  |  |  |  |  |  |
| Center split | 30 sec |  |  |  |  |  |  |  |
| Bridge | 15 sec |  |  |  |  |  |  |  |
| Wall Split R&L | 15 sec |  |  |  |  |  |  |  |
| Superman | 30 sec |  |  |  |  |  |  |  |
| Hollow | 30 sec |  |  |  |  |  |  |  |
| Plank | 30 sec |  |  |  |  |  |  |  |
| V-Sit | 30 sec |  |  |  |  |  |  |  |
| Upper body Lifts | 15 |  |  |  |  |  |  |  |
| Handstand Beats | 5 |  |  |  |  |  |  |  |
| Step Hops from knee (R&L) | 15 each |  |  |  |  |  |  |  |
| Wall Sit | 30 sec |  |  |  |  |  |  |  |

\*Advanced students can execute each skill up to 60 seconds. Focus on proper form!