



**GIRLS
BEGINNER/ADVANCED**

Warm-up			T	W	TH	F	S
Jumping Jacks		15					
Single Leg Hops		7/leg					
Standing Pike Stretch		10 seconds					
Ankle Rolls (each ankle forward and backward)		10 seconds					
Ankle Walks (Point one foot, Flex the other and switch)		10 seconds					
Butterfly		10 seconds					
Sitting Straddle stretch to right		7 seconds					
Sitting Straddle stretch to left		7 seconds					
Sitting Straddle stretch to center		10 seconds					
Right Leg Triangle		7 seconds					
Right Leg Lunge		7 seconds					
Right Leg Split		X					
Left Leg Triangle		7 seconds					
Left Leg Lunge		7 seconds					
Left Leg Split		X					
Seal Stretch		10 seconds					
Cat Stretch		10 seconds					
Cross one arm over chest (both arms)		7 seconds					
One arm behind your head (both arms)		7 seconds					
Shoulder stretch arms behind you and straight		7 seconds					
Bridge		7 seconds					
Tuck and Roll To Stand		5					
Vault			T	W	TH	F	S
High Knees		15 seconds					
Butt Kickers		15 seconds					
Frog Jumps		15 seconds					
2-foot Hops		15 seconds					
Stationary Donkey Kicks		15 seconds					
Running in Place		15 seconds					
Lunge jump to 2 feet		15					
Bars			T	W	TH	F	S
Push-ups		5					
Mad-cat holds		15 seconds					
Plank holds		20 seconds					
Lying Leg lifts		15					
Inchworms		15					

Beam			T	W	TH	F	S
Releve walks		15 seconds					
Kicks in releve (Forward, Backward, Sideways)		15 seconds					
Passe walks in releve		15 seconds					
Pivot Turns		12					
Heel Snap Turns		12					
Aribesque/Scales		12 seconds/leg					
Single leg balancing on releve		7 seconds					
Floor			T	W	TH	F	S
Lunge - T- Lever		10 favorite leg					
Lunge - T - Handstand at wall		X					
Candle Stick to Stand and Straight Jump		15					
Tuck Jumps		15					
Straddle Jumps		15					
Pike Jumps		15					
Split jumps		15					
Strength			T	W	TH	F	S
Calf raises off a stair		15					
Air Squats		15					
Lunges		15 / leg					
Sit-ups		15					
Tuck/V-ups		15					
Hollow Hold		15 seconds					