

BEAM WORKOUTS

EXERCISE	BEGINNER	INTERMEDIATE	ADVANCED
WALKS	<ul style="list-style-type: none"> ➤ Forward ➤ Backwards ➤ Sideways ➤ Dips (ice cream scoop) ➤ Kicks-front and back ➤ 1 pass down the beam and back 	<ul style="list-style-type: none"> ➤ Forward ➤ Backwards ➤ Sideways ➤ Kicks-front and back ➤ 2 passes down the beam and back 	<ul style="list-style-type: none"> ➤ Releve ➤ Backwards ➤ 2 passes down the beam and back
RELEVE STAND	<ul style="list-style-type: none"> ➤ 3 times-try to hold for 30 seconds on your toes 	<ul style="list-style-type: none"> ➤ 3 times-try to hold for 60 second-no wobbles 	
SCALES	<ul style="list-style-type: none"> ➤ Front, Back, Knee ➤ 5 scales each leg 		
JUMPS	<ul style="list-style-type: none"> ➤ Straight jump ➤ 5x 	<ul style="list-style-type: none"> ➤ Straight ➤ Tuck ➤ Split ➤ 10x 	<ul style="list-style-type: none"> ➤ Straight ➤ Split ➤ Straddle ➤ Wolf ➤ Pike ➤ 10x
LEAPS		<ul style="list-style-type: none"> ➤ Split ➤ Cat ➤ 10x 	<ul style="list-style-type: none"> ➤ Split ➤ 10x
TURNS		<ul style="list-style-type: none"> ➤ Pivot ➤ ½ turn in releve ➤ 10x each 	<ul style="list-style-type: none"> ➤ 1/1 turn ➤ 10x
HANDSTAND DRILLS		<ul style="list-style-type: none"> ➤ 10x ➤ Hold for 1 sec 	<ul style="list-style-type: none"> ➤ 10x ➤ Hold for 10 sec ➤ Press handstand on side of beam 10x