

FLOOR WORKOUTS

EXERCISE	BEGINNER	INTERMEDIATE	ADVANCED
JUMPS	<ul style="list-style-type: none"> ➤ Tucks-with knees to chest 10x ➤ Straddle- legs straight and toes pointed 10x ➤ Split-legs straight and toes pointed 10x 	<ul style="list-style-type: none"> ➤ Split-legs straight and split evenly 15x ➤ Straddle-min 120* 15x ➤ ½ Wolf 15x ➤ Wolf-15x 	<ul style="list-style-type: none"> ➤ 1/1 jump turn 20x ➤ Pike 20x ➤ Straddle 20x ➤ Split 20x
SPLIT LEAP	<ul style="list-style-type: none"> ➤ Take a few steps and split leap ➤ Legs should split evenly and straight ➤ 10x 	<ul style="list-style-type: none"> ➤ Take a few steps and split leap ➤ Min 120* split evenly ➤ 10x 	<ul style="list-style-type: none"> ➤ Chasse step split leap min 180* 15x ➤ Switch Leap 10x ➤ 15x Front and Back Kicks
FORWARD ROLL	<ul style="list-style-type: none"> ➤ Start and finish in a stretch position ➤ 5x 	<ul style="list-style-type: none"> ➤ Handstand forward roll ➤ 5x 	
BACKWARDS ROLL	<ul style="list-style-type: none"> ➤ Start and end in a stretched position ➤ 5x 	<ul style="list-style-type: none"> ➤ Back Extension Roll to Handstand ➤ 5x 	
HANDSTANDS	<ul style="list-style-type: none"> ➤ 5 handstands-holding each for 5-10 seconds ➤ Do them against the wall 	<ul style="list-style-type: none"> ➤ 5 handstands-holding 30 sec to 1 min 	<ul style="list-style-type: none"> ➤ 5 handstands-holding for 60 sec
CARTWHEEL (AERIALS)	<ul style="list-style-type: none"> ➤ 20 cartwheels ➤ Start and end in a lunge 	<ul style="list-style-type: none"> ➤ Straight legs ➤ 10x 	
BRIDGE KICKOVER	<ul style="list-style-type: none"> ➤ Start in a bridge then kick leg up and over ➤ 5x 	<ul style="list-style-type: none"> ➤ Back Walkover ➤ 5x 	<ul style="list-style-type: none"> ➤ Tick Tocks ➤ 5x
TURNS		<ul style="list-style-type: none"> ➤ ½ Turn in releve 10x 	<ul style="list-style-type: none"> ➤ 1/1 Turn in releve 15x
HANDSTAND DRILLS		<ul style="list-style-type: none"> ➤ Handstand snapdowns for power tumbling ➤ 10x 	<ul style="list-style-type: none"> ➤ Press Handstands-10x up and down