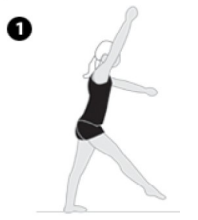
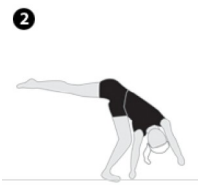


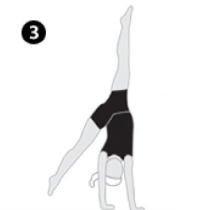
Cartwheel 101



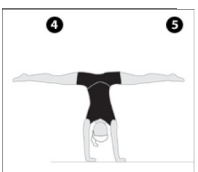
1 Lunge: Make a mental straight line ahead of you. Arms straight over your head, step forward bending the knee and hold.



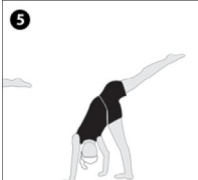
2 Lunge with 1 Hand on the Floor: Forward leg knee bent, back leg lifting up and 1 hand on the floor keeping your balance.



3 Tilted Straddle Handstand: Kick back leg upwards while hands on the ground can support your weight.



4 Straddle Handstand: Balanced Handstand in a straddle hold position.



5 Lunge 2 Hands on the Floor: From straddle Handstand lower 1 leg down to the floor keeping your legs straight and strong.



6 Balanced Stand: As your foot touches the ground push down with your foot to a standing position . Keep your arms up to finish.

Stretching:

- Butterfly (20 sec)
- Straddle sit (20 sec)
- Standing Straddle Split (20 sec)
- Left Leg Split (20 sec)
- Right Leg Split (20 sec)

Arm Strength:

- Handstand stomach against the wall. (20 sec)
- Handstand pushups stomach against the wall. (20x's)
- Leg Strength:
- Lunge step and push back to stand (20x's)