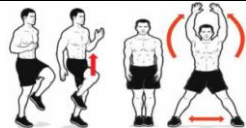
















**You will need 10 feet of floor space, Carpet or Mat**

WARM UP: SKILL:	IMAGE:	SPECIFIC EXERCISES: <a href="https://www.youtube.com/watch?v=ExVB366iCw8&amp;app=desktop">https://www.youtube.com/watch?v=ExVB366iCw8&amp;app=desktop</a>
Run in Place Jumping Jacks		1) Increase Heart rate with aerobic beginning 3-5 min.
Splits		1) Warm up stretches and Hold Split 5 sec 3 x's
Pancakes		1) Warm up stretches and Hold Pancake 5 sec 3 x's
Shoulders		1) Warm up stretches and Hold Shoulders 5 sec 3 x's
Bridge		1) Warm up stretches and Hold Bridge 5 sec 3 x's
Pike		1) Warm up stretches and Hold Pike 5 sec 3 x's
Routine		1) Future Stars Flexibility Routine <a href="https://www.youtube.com/watch?v=ZRrR-4i6tJo">https://www.youtube.com/watch?v=ZRrR-4i6tJo</a>

**You will need 10 feet of floor space, Carpet or Mat, Free Wall, High Ceiling**







FLOOR: First Pass SKILL:	IMAGE:	SPECIFIC EXERCISES: <a href="https://www.youtube.com/watch?v=8sdX7shM0UM&amp;feature=youtu.be">https://www.youtube.com/watch?v=8sdX7shM0UM&amp;feature=youtu.be</a>
Punching exercise for Front Tuck  <b>BONUS:</b> Front Pike		1) Calf Raises 25x's 2) Straight Jumps 10x's 3) Tuck Jumps 10x's <b>4) Pike Jumps 10x's</b> 5) Tuck Forward Roll 5x's (Holding Knees) <b>6) Pike Forward Roll 5x's (Hold Compression)</b>
Handstand Full Pirouette		1) Handstand Pushup (Back against a wall or with spot) 5x's 2) Handstand Pushup (Stomach against a wall or with spot) 5x's 3) 1 Arm Handstand Hold 3 sec (Back against a wall or with a spot) 5x's each arm 4) 1 Arm Handstand Hold 3 sec (Stomach against a wall or with a spot) 5x's each arm 5) Handstand Full Pirouette
Headspring exercises		1) Bridge Pushup 10x's 2) Standing Reach Back against the Wall Bridge Push off the wall 10x's 3) Standing Reach Back against the Wall Bridge with Split Hold 3 sec Push off the wall 10x's
Jump Sissone		1) Split on floor Hold 30 sec 2) Jump Split 10x's 3) Jump Sissone, Step Lunge, 1/2 Turn, Salute 10x's

<b>FLOOR: Second Pass SKILL:</b>	<b>IMAGE:</b>	<b>SPECIFIC EXERCISES:</b>
<b>Front Handspring exercise</b>		<ol style="list-style-type: none"> <li>1) Split Handstand Hold 3 sec 5x's</li> <li>2) Bridge with Split Hold 3 sec 5x's</li> <li>3) Split Handstand fall into Bridge with Split Hold 3 sec 5x's</li> <li>4) Front Walkover 5x's</li> </ol>
<b>Swedish Fall exercise</b>		<ol style="list-style-type: none"> <li>1) Opposite Arm &amp; Leg Hold 3 sec 5x's each Side</li> <li>2) Split Hold Pushup 10x's</li> <li>3) Standing Swedish Fall, Pushup to Arch Prone, Pop up to Straddle Stand 10x's</li> </ol>
<b>Press Handstand</b>		<ol style="list-style-type: none"> <li>1) Straddle Press Handstand against the Wall (or with a spot) 5x's</li> <li>2) From Handstand, Straddle down Toe Touch Press Handstand 5x's</li> <li>3) Press Handstand without Wall Hold 3 sec 5x's</li> </ol>
<b>BONUS: Endo Roll Press Handstand</b>		<ol style="list-style-type: none"> <li>1) Rock back, Endo Press to Straddle Stand 5x's</li> <li>2) <b>Rock back, Endo Press Handstand Hold 3 sec 5x's (with or without a spot)</b></li> </ol>
<b>Hitch Kick</b>		<ol style="list-style-type: none"> <li>1) 1 Leg Hold at Horizontal 3 sec 10x's each Leg</li> <li>2) Hitch Kick 10x's</li> <li>3) Step, Hitch Kick, Step Lunge, 1/2 Turn, Salute 10x's</li> </ol>


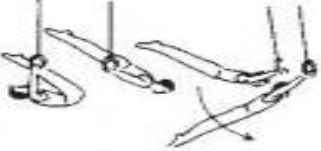
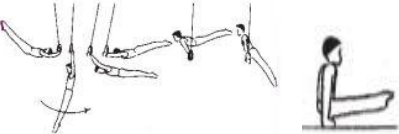
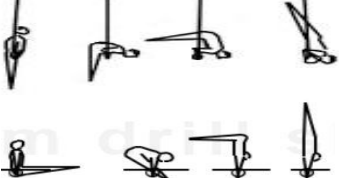


<b>FLOOR: Last Pass SKILL:</b>	<b>IMAGE:</b>	<b>SPECIFIC EXERCISES:</b>
<b>Round Off</b>		<ol style="list-style-type: none"> <li>1) 1/2 Cartwheel Hold 3 sec 5x's</li> <li>2) Cartwheel 10x's</li> <li>3) Step Round Off 10x's (Outside on the Grass)</li> </ol>
<b>Back Handspring BONUS: 2 Back Handsprings</b>		<ol style="list-style-type: none"> <li>1) Bridge Hold 3 sec 5x's</li> <li>2) 1 Arm Bridge Hold 3 sec 5x's each Arm</li> </ol> <p><b>DO NOT PRACTICE BACK HANDSPRINGS AT HOME!!!!!!!</b></p>
<b>Back Tuck</b>		<ol style="list-style-type: none"> <li>1) Hollow Hold 3 sec 10x's</li> <li>2) Tuck Hold 3 sec 10x's</li> <li>3) Tuck ups 20x's</li> </ol> <p><b>DO NOT PRACTICE BACK TUCKS AT HOME!!!!!!!</b></p>

## You will need 10 feet of floor space



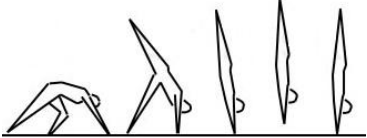
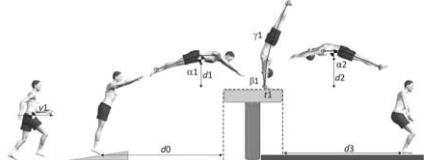
(ALL CIRCLE EXERCISES PERFORMED ON THE FLOOR UNLESS YOU HAVE A MUSHROOM AT HOME)

<b>MUSHROOM: SKILL:</b>	<b>IMAGE:</b>	<b>SPECIFIC EXERCISES:</b>
<b>Circle</b>		<ol style="list-style-type: none"> <li>1) Walk around circle Hold each Quarter position 3 sec 10x's</li> <li>2) Jump 1/2 circle Hold 3 sec 10x's</li> <li>3) Full Circle 10x's</li> </ol>
<b>Czechkehre</b>		<ol style="list-style-type: none"> <li>1) Half Circle, Quarter Turn Inward to Pushup Position Hold 3 sec 10x's (First Half)</li> <li>2) Start in Quarter Turn and Circle with Quarter Turn to Pushup Position (Second Half)</li> <li>3) Czechkehre 5x's</li> </ol>
<b>BONUS: Stockli</b>		<ol style="list-style-type: none"> <li>1) 3/4 Circle, Quarter Turn Outward to Rear Support Hold 3 sec 10x's (FirstHalf)</li> <li>2) Stockli 5x's</li> </ol>
<b>Flairs BONUS: Flair Spindle</b>		 <ol style="list-style-type: none"> <li>1) Standing Straddle Hold 3 sec 10x's Each Leg</li> <li>2) Straddle Pushup Position, Jump Hold 3 sec each leg 5x's</li> <li>3) Half Flair Circle Hold 3 sec 5x's</li> <li>4) Flairs 5x's</li> </ol>
<b>BONUS: Russian</b>		<ol style="list-style-type: none"> <li>1) Walk around in Pushup Position 10x's</li> <li>2) Jump 1/2 Russian</li> <li>3) <b>Russian 5x's</b></li> </ol>








**You will need 10 feet of floor space, Resistance bands, Hand weight, 2 Chairs**

<b>RINGS: SKILL:</b>	<b>IMAGE:</b>	<b>SPECIFIC EXERCISES:</b> <a href="https://www.youtube.com/watch?v=B5sWNLidP5w&amp;feature=youtu.be">https://www.youtube.com/watch?v=B5sWNLidP5w&amp;feature=youtu.be</a>
<b>Back Lever</b> <b>BONUS:</b> <b>Hold 2 sec</b>		1) Arch up Hold 10 sec 3x's
<b>Dislocate</b>		1) Using resistance bands Inlocate and dislocate with strength 15 x's 2) Using Hand weight Circle Arm Forwards and Backwards 15x's each 3) Candlestick Hold, Pike down and Spring Back Up 10x's
<b>Back Uprise</b> <b>L Hold</b>		1) (Using 2 Charis) 1/2 dip with bent knees 10x's 2) (Using 2 Chairs) Full dip with bent knees 5x's 3) (Using 2 Chairs) Tuck hold for 3 seconds 10x's 4) (Using 2 Chairs) L hold for 3 seconds 10x's
<b>Press Shoulder</b> <b>Stand</b>  <b>BONUS:</b> <b>Press</b> <b>Handstand</b>		1) L, Pike or Criss Cross Legs Press through hands to standing 5x's 2) Standing Pike, Press to Handstand 5x's  3) Press to Handstand 5x's  <b>4) Straight Arm, Straddle Press to Handstand 3x's</b>
<b>Power Swings</b> <b>BONUS:</b> <b>Inlocate</b>		1) Arch Rocks 15x's 3 sets  <b>2 Wide Arm Headstand Hold 3 sec 5x's</b>
<b>Back Tuck</b> <b>Dismount</b>		1) Hollow Hold 3 sec 10x's 2) Tuck Hold 3 sec 10x's 3) Tuck ups 20x's  <b>DO NOT PRACTICE BACK TUCKS AT HOME!!!!!!!</b>









**You will need 10 feet of floor space, Small Pillow**

<b>VAULT</b> <b>SKILL:</b>	<b>IMAGE:</b>	<b>SPECIFIC EXERCISES:</b> <a href="https://www.youtube.com/watch?v=K5jBcXT7LvE&amp;feature=youtu.be">https://www.youtube.com/watch?v=K5jBcXT7LvE&amp;feature=youtu.be</a>
<b>Run Fast</b>		1) High Knee Lifts 50x's 2) Lunge Step to Knee, Push up and Lunge Step other leg to Knee 20x's 3) (Outside) Sprints 10x's
<b>Hurdle Punch</b>		1) 1 Foot Long Jump Stick 10x's each leg 2) Step Hurdle over a Pillow with Arm Circle Freeze Position 10x's 3) Repeat #2 with Punch Straight Jump 10x's
<b>Block</b> <b>Handstand</b>		1) Handstand Hop 5x's 2) Handstand Double Hop 5x's 3) Handstand Triple Hop 5x's
<b>Front</b> <b>Handspring</b> <b>Drills</b>		1) Arch Rocks 10x's 3 sets

## You will need 10 feet of floor space, Free Wall, 2 Chairs

P BARS SKILL:	IMAGE:	SPECIFIC EXERCISES: <a href="https://www.youtube.com/watch?v=K5jBcXT7LvE&amp;feature=youtu.be">https://www.youtube.com/watch?v=K5jBcXT7LvE&amp;feature=youtu.be</a>
<b>Glide</b>		<ol style="list-style-type: none"> <li>1) Hollow Plank Facing the Floor 10 sec 3x's</li> <li>2) (Dolphin Jumps) Hollow Plank Jumps back and forth 5x's 3 sets</li> <li>3) Hollow Plank Hops 5x's 3 sets</li> </ol>
<b>Kip, Swing</b>		<ol style="list-style-type: none"> <li>1) Hollow Hold Facing Up, Rock Back, Roll up to V Hold, Kick out 5x's</li> <li>2) Push up Position, Jump Horizontal 5x's</li> <li>3) Push up Position, Jump 45° 5x's</li> <li>4) Push up Position, Jump Handstand 5x's</li> </ol>
<b>Moy</b> <b>BONUS: Moy Support</b>		<ol style="list-style-type: none"> <li>1) (Against Wall) Handstand into Reverse Planche 3 sec 5x's</li> <li>2) Lay Flat on Back, Press Arms to Floor over Head &amp; Sit up very fast to L Position 5x's</li> </ol>
<b>BONUS: Front Uprise</b>		<ol style="list-style-type: none"> <li>1) (Using 2 Chairs) Front Support Chicken Wings 10x's 3 sets</li> <li>2) (Using 2 Chairs) Rear Support Chicken Wings 10x's 3 sets</li> <li>3) (Using 1 Chair) Reverse Dips 10x's 3 sets</li> </ol>
<b>L Hold</b> <b>BONUS: Straddle L Press Handstand</b>		<ol style="list-style-type: none"> <li>1) (Using 2 Chairs) L Hold 10 sec 3x's</li> </ol>
<b>Swing Handstand</b>		<ol style="list-style-type: none"> <li>1) Handstand Hold Total 30 sec</li> <li>2) Handstand lower Headstand, Push up Handstand 5x's</li> </ol>
<b>Stutz Dismount</b>		<ol style="list-style-type: none"> <li>1) (Using 1 Chair, Feet on Chair) Quarter Turn Hold 3 sec 5x's</li> </ol>

## You will need 10 feet of floor space, 2 Chairs, Free Wall, Carpet or Mat, Weights

HIGH BAR SKILL:	IMAGE:	SPECIFIC EXERCISES: <a href="https://www.youtube.com/watch?v=NuKFhdEkifc&amp;feature=youtu.be">https://www.youtube.com/watch?v=NuKFhdEkifc&amp;feature=youtu.be</a>
<b>Cast Handstand</b>		<ol style="list-style-type: none"> <li>1) (Using 2 chairs) Support, Tuck Mini Cast 5x's</li> <li>2) Arch Rock Press 5x's</li> </ol>
<b>BONUS: Front Giant</b>		<ol style="list-style-type: none"> <li>1) (Against a Wall) Under grip Pike Jump Handstands 10x's</li> <li>2) (Against a Wall) Pike Press Handstand 5x's</li> <li>3) Under grip Pike Jump Pike Handstand Hold 3 sec 5x's</li> <li>4) (Using Chair) Finish Pike Press Handstand Straight Legs 5x's</li> </ol>
<b>Hop Out</b> <b>Swing ½ Turn</b>		<ol style="list-style-type: none"> <li>1) Under grip Handstand Hop to Over grip 10x's</li> <li>2) Hollow Rock, ½ Turn to Hollow Plank</li> <li>3) Rock Back, ½ Turn Handstand</li> </ol>
<b>BONUS: Free Hip HS</b>		<ol style="list-style-type: none"> <li>1) Straight Arm Weighted Lifts to Horizontal 10x's</li> <li>2) Repeat above and Finish to Over Head 5x's</li> <li>3) Resistance Band on Foot and Pull Over Head 10x's</li> </ol>
<b>BONUS: Back Giant</b>		<ol style="list-style-type: none"> <li>1) Back Roll to Push up Position 5x's</li> <li>2) Straight Arm Back Roll to Hollow Plank 5x's</li> <li>3) Straight Arm Back Extension roll Handstand 5x's</li> </ol>
<b>Undershoot</b>		<ol style="list-style-type: none"> <li>1) Hollow Rocks Hands by Side 10x's 3 sets</li> <li>2) (Holding Weighted Structure) Candlestick Hold 10 sec 3x's</li> </ol>
<b>Power Swings</b>		<ol style="list-style-type: none"> <li>1) Candlestick Rocks 10x's</li> <li>2) Hollow Plank Jump to Horizontal 10x's</li> </ol>
<b>Back Tuck</b>		<ol style="list-style-type: none"> <li>1) Hollow Hold 3 sec 10x's</li> <li>2) Tuck Hold 3 sec 10x's</li> <li>3) Tuck ups 20x's</li> </ol> <p><b>DO NOT PRACTICE BACK TUCKS AT HOME!!!!!!!</b></p>