

Intermediate | Advanced Acro Exercises

It is so important to work ONLY skills you already have and know how to properly execute! Since I am not there to spot and assist! Work safely to continue building your skill set with correct technique and placement!

Cardio Warm Up: Get your body warm and moving!

25 jumping jacks

10 Burpees

25 plank jacks

10 plank up downs

Repeat three times!

Stretch

1. Lunge series (hold each position for 16 counts)
 - a. Plain, leg straight in the back
 - b. drop back knee, grab foot for deeper hip flexor stretch & quad stretch
 - c. release foot, straighten front leg and bend back leg (hamstring stretch)
 - i. Pointed ankle first, stretch 16 counts & switch to flexed ankle for 16 counts
 - d. spiral back leg under front leg (pretzel), (adjust as needed to feel for individual; either knee stacked on top of the other knee, or ankle to bottom knee) reach arms as far out as you can, release neck
 - e. back to the lunge; switch and repeat on the other side
2. Straddle
 - a. Side stretch; keep opposite hip down, reaching up and out with arm, shoulders away from ear
 - b. Spiral putting nose on knee; again keep opposite hip down, square both shoulders to the floor
 - c. walk arms to the middle straddle, reach arms as far out as you can, keeping legs rotated and bottom on the floor
 - d. Roll up and repeat on opposite side
3. Splits
 - a. Keep hips square
 - b. Work within your ability; work over spilt if you have a full square hip spilt
 - c. Right and left, as well as middle
4. Cobra & toes to head
5. Stretch your shoulders and wrist

Strength

Plank hold; 1 minute

Table top; Hold 40 seconds

5 pushups; elbows in

V sit; Hold 40 seconds

Wall sit; Hold 1 minute

Balance; Work within your abilities & skills you have already worked on or execute properly!

Headstand; Hold for 15 seconds (practice leg positions; tuck, straight up, stag, straddle press, etc.)

Double seated leg hold; Hold 30 seconds

One legged standing extension; Hold 30 seconds

Forearm stands

Bridge Work

1. Kneeling $\frac{1}{2}$ bridge against the wall; face the wall and put your front body against it, working on control and placement, keeping hips attached to the wall and going down half way only, then recovering back up slow and controlled
2. Bridge and recover; work on control and strength
 - a. If you don't have your full down to bridge to recover, use the wall to walk down; facing away from it and walking hands all the way down the wall, then walking back up to recover with both arms coming off at the same time!

Handstands against the wall

Practice balance work; kicking up and not using too much force so legs slam against the wall

Practice holding your handstand facing away & towards to wall; see how long you can! Record it and keep track to see your progress!

Work shoulder shrugs and shoulder touches if you have a strong and stable handstand!

Cartwheels; check your starting position and finishing position! The acro video on the website will show you in case you want to check your form!

1. Plain cartwheel; right and left
2. Near-handed cartwheel (example: right hand right foot)
3. Far-handed cartwheel (example: right hand left foot)
4. Practice flying cartwheel arms and pathways; swing them with energy and force