

Gymnast

50 squats	1 min handstand wall hold	10 get ups each sides	20 squat holds/pulse	15 frog jumps
10 cartwheels	30 pulse front leg	15 straddle jumps	1 minute crab toe-touches	2 minute low plank
30 mountain climbers	Rock roll	I love Gymnastics	1 minute switch leg v-ups	10 straddle handstand
10 switch leaps	20 v-ups	15 candlestick	10 press handstands	15 full turns
10 gymnastics bridges	1/1 side plank	2 min wall sit	jump squat jump	10 diamond push ups

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Rock roll	1 minute crab toe-touches	20 squat holds/pulse	10 cartwheels	15 straddle jumps
10 get ups each sides	jump squat jump	15 frog jumps	1/1 side plank	2 minute low plank
10 switch leaps	1 minute switch leg v-ups	I love Gymnastics	10 straddle handstand	1 min handstand wall hold
10 press handstands	2 min wall sit	50 squats	10 diamond push ups	20 v-ups
15 candlestick	15 full turns	30 mountain climbers	30 pulse front leg	10 gymnastics bridges

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1/1 side plank	2 min wall sit	1 minute crab toe-touches	15 full turns	1 minute switch leg v-ups
50 squats	10 switch leaps	15 candlestick	30 pulse front leg	15 frog jumps
30 mountain climbers	10 diamond push ups	I love Gymnastics	20 v-ups	10 press handstands
Rock roll	2 minute low plank	20 squat holds/pulse	jump squat jump	10 get ups each sides
10 straddle handstand	1 min handstand wall hold	15 straddle jumps	10 cartwheels	10 gymnastics bridges