Gymnast

30 mountain climbers	1 min handstand wall hold	10 gymnastics bridges	2 minute low plank	15 candlestick
10 cartwheels	20 v-ups	15 full turns	1 minute crab toe-touches	15 straddle jumps
20 squat holds/pulse	30 pulse front leg	I love Gymnastics	1 minute switch leg v-ups	10 straddle handstand
10 switch leaps	20 Rock roll	15 burpees	10 spiderman push ups	15 frog jumps20 cherry
10 press handstands	1/1 side plank	15 jump squat jump	30 scissors	10 get ups each sides

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Gymnast

30 pulse front leg	1 minute crab toe-touches	2 minute low plank	10 cartwheels	15 full turns
10 gymnastics bridges	30 scissors	15 candlestick	1/1 side plank	15 straddle jumps
10 switch leaps	1 minute switch leg v-ups	I love Gymnastics	10 straddle handstand	1 min handstand wall hold
10 spiderman push ups	15 jump squat jump	30 mountain climbers	10 get ups each sides	20 Rock roll
15 burpees	15 frog jumps20 cherry	20 squat holds/pulse	20 v-ups	10 press handstands

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Gymnast

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20 squat holds/pulse	10 get ups each sides	I love Gymnastics	20 Rock roll	10 spiderman push ups
30 pulse front leg	15 straddle jumps	2 minute low plank	30 scissors	10 gymnastics bridges
10 straddle handstand	1 min handstand wall hold	15 full turns	10 cartwheels	10 press handstands

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