

10x broad jumps	10x broad jumps
10x beat swings	10x beat swings
5/5/5	5/5/5
20x superman rocks	20x superman rocks
5x tuck or pike basket	5x tuck or pike basket
10x scorpion handstand (5x L/5x R)	10x scorpion handstand (5x L/5x R)
20x dish rocks	20x dish rocks
2x rope climbs	2x rope climbs
1 min handstand hold	1 min handstand hold
20x leg kicks laying on back (10x L/10x R)	20x leg kicks laying on back (10x L/10x R)
10x candle stick jumps	10x candle stick jumps
5x chin ups	5x chin ups
10x sticky bugs	10x sticky bugs
20x leg kicks standing (10x L/10x R)	20x leg kicks standing (10x L/10x R)
5x spine articulation or wall walk to bridge	5x spine articulation or wall walk to bridge
5 breaths Wall Fascia Stretch	5 breaths Wall Fascia Stretch