

# Acro

## AT HOME LESSON PLANS

BEGINNING

INT - ADV



### WARM-UP & STRETCHING \*DAILY FOR 20 MINUTES, HOLD STRETCHES FOR 30 SECONDS

- Jumping Jacks, 20
- Run in place for 30 seconds
- Straddle stretch
- Pike stretch standing up and sitting down (pointed and flexed feet with sitting pike)
- Hip flexor stretches, start on your knees and place one foot in front of your body. Keeping your knee over your toes, gently and slowly rock forward and backward to stretch your hips
- Splits, right, left, and middle splits - be sure to keep your turnout starting with your hips
- Oversplits

### SKILLS AND CENTER

- Bridge Holds, armpits open toward a wall, think about pushing the armpits open toward the wall, Int-Adv legs straight and together,
- Handstands, against a wall, 10 times, hold for 15-30 seconds each time
- Forward rolls, starting and ending in a good stretched position, don't use your hands to stand up
- Backward rolls, tuck your chin to your chest and use your hands to press next to your ears to press into the ground.
- Cartwheels, beginning and ending in a lunge with arms next to ears, right and left, 10 times
- Backwalkovers or bridge up kick overs, 10 times

### STRENGTH & STABILITY

- Toe raisers / releves with feet parallel and ankles together
- Push Up Holds with tight bellies, no arching, with feet elevated on bed or couch