



Acro Level 1

Strength and Flexibility:

- 1 min plank
- 50 sit ups
- 20 push ups
- 1 min handstand hold (wall)

- 1 min wall sit

- Bridge hold (30 sec)
- 10 bridge marches (each leg) -Splits (right, left, and center)

Skills:

- Backbend
- Kickover - 3 consecutive (on cheese/folded panel mat)

- Cartwheel
- Round off
- Forward roll
- Straddle roll
- Handstand in center (vertical)
- Handstand to bridge
- Tuck jump

Acro Level 2

Strength and Flexibility:

- 75 sit ups
- 1.5 min plank
- 25 push ups
- 15 handstand push-ups
- Over splits (one block)
- Bridge against wall (legs together; straight)

- Straddle press (5 sec)

Skills:

- Backward roll
- Elbow cartwheel
- Chin stand
- Back walkover
- Front walkover
- Front limber
- Back limber
- Handstand (3 second balance)

- Press handstand preps (using wall)

Acro Level 3**Strength and Flexibility:**

- 100 sit ups
- 1.5 min plank (feet on folded panel mat) -35 push ups
- 25 handstand push-ups
- Straddle press (10 sec)

Skills:

- Elbow stand
- Valdez
- Rolling tinsica
- One handed front walkover (both sides) -Front handspring

- Back handspring
- Side aerial
- Handstand (5 second balance)
- Handstand walks
- Press handstand preps (center)

Acro Level 4**Strength and Flexibility:**

- 100 sit ups
- 2 min plank (feet on folded panel mat)

- 40 push-ups

- 30 handstand push-ups
- Needle

Skills:

-Round off back handspring

-Front aerial

-Back tuck

-Press handstand