

Barnegat Recreation Gymnastics Daily Workout

Beginners- 10x each

Intermediates- 20x each

Advanced- 30x each

Hollow hold to tucks

Arch Rocks

Toe raises X5

Bridge to handstand

Squat thrust tuck jumps

Push ups

Jump full turns, stick

Splits

Shoulder stand to "V" seat

Coupe one foot ple- releve (R and L)

Straddle pike holds (10 sec each)

Head stand or tri-pod

Hollow Handstands