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 plea- releve (R and L)
Straddle pike holds (10 sec each)
Head stand or tri-pod
Hollow Handstands