BARNEGAT RECREATION GYMNASTICS
DAILY 2014 WINTER WORKOUT

		BEGINNER	INTER	ADVANCED
1.	TOE RAISES	25	50	100
2.	HOLLOW TO TUCK (15 seconds)	15	20	25
3.	V SEAT SIT UPS	5	10	20
4.	PUSH UPS	10	20	30
5.	ARCH RACKS	10	20	30
6.	HEADSTAND	**10 TRIPOD**	**10 BIPOD**	**10 TUCKUP STRADDLE UP**
7.	"T" – 10X	**HOLD**	**PLEA-RELEVE**	**HOPS**
8.	SHOULDER STAND	5	10	20
9.	TUCK JUMPS	10	20	30
10.	BUTT KICKS	10	20	30

THANK YOU – MARY FRACK

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