

Building Straight Arm Strength

Complete 3 Rounds with 60-90 Rest Between Exercises.

Introducing the double leg circle (preparation) **Level 1**

Warm Up

Pulse Raiser	3-5 minutes
German Hang	30 seconds
Wrist rocks and stretches - various	1 minute
1. Front support - raised feet	20-30 Seconds
2. Back Support extensions	X8 (hold last 5 Secs)
3. Front crawl - back crawl	X1 length of each
4. Tuck top Planche	Max hold
5. Tucked Russian Lever	Max hold
6. Back support - raised feet	20-30 seconds
7. Front support walking	x 1 Length
8. Side Plank	20 - 30 seconds each side