

Base Abilities

Level 2

Legs

1. Squat sit, feet apart
2. Full squat x10
3. Single leg Hip Hinge x10 ea side
4. Lunge w/ movement forward/backward 1 lap
5. Side Lunge with movement 1 lap
6. Duck walk forwards 1 length

Support

1. Plank 1 min hold
2. Perfect Pushup x10
3. Bear Crawl forwards 1 length
4. Wall dip x5
5. Pike handstand support 30 sec hold

Hanging

1. 30 seconds in cat hang & lemur lock
2. Dead hang 1 min on bar
3. Lvl 1 climb up from cat hang
4. 2 pull ups on bar from dead hang
5. Monkey bar 1 lap
6. Skin the cat (both directions)