

# Base Abilities

## *Level 3*

### Legs

1. Squat sit, feet together
2. Rail squat x10
3. Crane Pistol x5 ea side
4. Plyo Lunge in place x10 ea side
5. Duck walk forward/backward 1 lap
6. Duck walk sideways 1 lap

### Support

1. Pushup x 20
2. Bear Crawl forward/backward 1 lap
3. Bear Crawl sideways 1 lap
4. Handstand against wall 1 min
5. Bridge 30 sec
6. Tuck Dash Scoot 1 lap

### Hanging

1. Hot hands 1 min on bar (no feet)
2. 2 lvl 2-3 climb up from cat hang
3. Muscle up on bar
4. Pullover from dead hang
5. 5 pull ups from dead hang