

Base Abilities

Level 4

Legs

1. Hurdle stretch to squat sit
2. Rail overhead squat x10
3. Bowlers squat x5 ea side
4. Lunge Plyo w/ movement forward/backward 1 lap
5. Cross walk 1 lap
6. Ninja squat jump x10 ea side

Support

1. Pushup x 40
2. Bear Crawl forward/backward 1 lap for speed
3. Bear Crawl sideways 1 lap for speed
4. Freestanding handstand 10 sec
5. Handstand lower to bridge
6. Dash Scoot 1 lap

Hanging

1. Hot hands 2 min on bar (no feet)
2. 3 lvl 3-4 climb up from cat hang
3. 180 muscle up on bar
4. 3 muscle ups on bar
5. 5 Rolling pullovers