

# Beginner | Intermediate Acro Exercises

It is so important to work ONLY skills you already have and know how to properly execute! Since I am not there to spot and assist! Work safely to continue building your skill set with correct technique and placement! This document goes along with the acro video on the website titled "Beginner Acro Exercises"

## **Cardio: Get your body warm!**

20 jumping jacks

10 tuck jumps

20 twist jumps

10 squats

Repeat twice through

## **Stretch: Watch your form and alignment!**

Butterfly

Pike (back tall, knees straight)

- Articulate feet (pointe and flex slowly)
- Stretch over with pointe ankles and then separate stretch with flexed ankles

Straddle

- Curve side; up and over, drop shoulder away from ear, keep opposite hip down (no daylight!)
- Nose to knee; shoulders square and hips down
- Stretch in the middle

Square hips

Lunges

Cobra

Toes to head

Shoulder and wrist stretch

## **Strengthen:**

Plank hold: 20 seconds

Child pose stretch

Repeat!

Table top hold: 20 seconds

Pike stretch

Repeat!

Wall sit: 20 seconds

Forward bend stretch

Repeat!

**Balance: Keep your clean lines and positions!**

Baby scorpion (right and left): Hold 15 seconds

Teddy Bear stand: Don't do too much! Keep core engaged, try one leg at a time first

Left foot/right foot retire balance: Hold 15 seconds

**Let's Get Moving!**

5 hops on right foot

5 hops on left foot

Crab walks; walk around couch, walk down a hallway, anywhere you can! Test your table and put a toilet paper roll on your belly and try to keep it on there!

**Bridge Work**

Kneeling ½ bridge with belly and hips on the wall

Bridge push up

Bridge with arms on the wall

½ bridge walk down the wall

**Starting & Ending Position**

Starting position with tendu

Ending of Cartwheels

Transfer weight