

BEANBAG BRIDGES



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FOREARM PLANK

Superstar: UP & DOWNS



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HANDSTAND FACING WALL

Superstar: PUSHUPS

Superstar: SHOULDER SHRUGS



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JUMPING JACKS

Superstar: STAR JUMPS



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MOUNTAIN CLIMBERS



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PLANK

Superstar: PUSHUPS



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SKY HIGHS

Superstar: BURPEES WITH PUSHUPS



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SUPERMAN

Superstar: SWIMMERS



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TABLE TOP

Superstar: REVERSE PLANK



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TUCK JUMPS



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V SIT

Superstar: V SNAPS



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WALL SIT

Superstar: ARMS UP



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