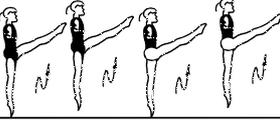
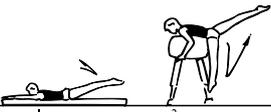
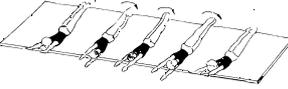
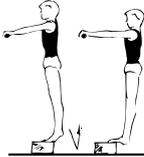
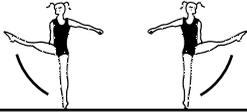
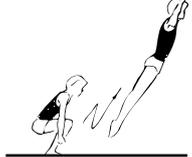
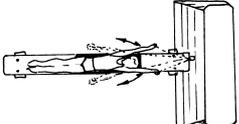
			
<p>1 Run from the start to point 1 and then return to the start. Repeat this for points 2-5, then start again from point 1.</p>	<p>7 From a hanging position raise both legs as high as possible in the bent or straight position.</p>	<p>13 With your back on the trolley trainer, pull the bar to the top of your thighs, keeping your arms straight, then raise your arms back to the straight position under control.</p>	<p>19 Start by lying on your left side with your hands on the floor, then raise your legs off the floor as high as possible and lower under control.</p>	<p>25 Start sitting up with a straight back, raise both leg of the floor, then in a scissor motion raise and lower each leg in turn keeping both legs off the floor.</p>
				
<p>2 Bounce on one leg raising the other as high as possible forwards. Repeat on each leg up and down the mat.</p>	<p>8 Facing away from the bar, hold one end the elastics in each hand then press downwards to your sides and then raise back with the elastic under tension (arms straight).</p>	<p>14 Start laying on stomach with hands in front of you, raise your legs up as high as possible and then lower under control.</p>	<p>20 Just using the legs perform repeated straight jump - tuck jump - straight jump - tuck jump.</p>	<p>26 Starting on your stomach raise arms and legs to the arch position, then roll changing the shape to the dish position and then back to the arch position without the hands touching the floor.</p>
				
<p>3 Bounce on one leg raising the other as high as possible sideways. Repeat on each leg up and down the mat.</p>	<p>9 Standing on a bench, with just your toes touching, keep your body and legs straight and raise up and down repeatedly.</p>	<p>15 Holding onto a box or bar swing each leg to the side as high as possible repeatedly without touching the floor. Changing legs half way through.</p>	<p>21 Keeping your legs bent and your arms across your chest, lay down and sit up under control in any of the 3 positions.</p>	<p>27 From a crouched position jump upwards to a straight position with the arms above the head, then back to crouch.</p>
				
<p>4 Forward roll lever to handstand keeping your legs straight. From the handstand you may roll out continuing to lever up each time without the need for an additional forward roll.</p>	<p>10 From a front support position jump your feet between your hands and then back out to front support.</p>	<p>16 With an elastic attached to a bar or box leg. Hold one end of the elastic in each hand, palms facing outwards and press the elastic as far forward as possible returning to the start position under control.</p>	<p>22 Just using the legs perform repeated straight jump - split jump - straight jump - split jump.</p>	<p>28 Start sitting up with a straight back, raise both legs off the floor to the side, then in a circular motion rotate both legs keeping them of the floor.</p>
				
<p>5 Keeping your arms straight relax the shoulders then extend the shoulders showing a high long neck.</p>	<p>11 With your back on the trolley trainer, hold the handles, keep your arms straight, pull the handle to your side. Roll back to straight arm position under control.</p>	<p>17 Start by lying on your right side with your hands on the floor, then raise your legs off the floor as high as possible and lower under control.</p>	<p>23 Start from laying on your back, keeping your arms and legs straight lift the hands and feet off the floor to touch and then lower down under control.</p>	<p>29 Start with your weight on your hands, ensuring your body does not change shape bend your arms to 90° then back to straight.</p>
				
<p>6 From a straight arm position, without flexing the body, pull the arms bent to touch your chin on the bar.</p>	<p>12 Start laying on stomach with hands behind your head raise your body up as high as possible and then lower under control.</p>	<p>18 Just using the legs perform repeated straight jumps</p>	<p>24 Just using the legs perform repeated straight jump - straddle pike jump - straight jump - straddle pike jump.</p>	<p>30 From straddle stand place your hands on the floor then raise your legs up the side pressing to handstand. This can be performed with your back against the wall.</p>