Cast Aways [Training bar & block]

Start in front support on the bar, with the block a little behind you. Cast as high as you can and try to get your feet onto the block, keeping a nice tight hollow body. Challenge: Can you do 3 in a row, keeping hollow? Pressers

[blue or red block & muscles]

Start in pike position, with your hands on the floor and your toes on the block. Press up and into a press-handstand. Challenge: Try starting from a lower block (or panel mat) once you master it! Bar o' Torture

5

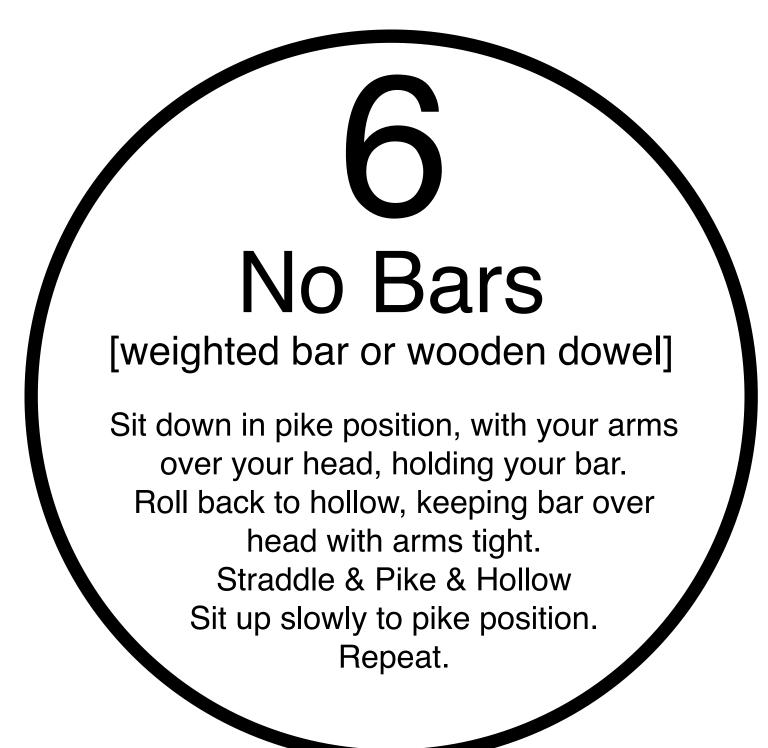
[chin-up bar & muscles]

Hold the bar in under-grip. 5 tuck-ups 5 straight leg lifts to bar 5 windshield wipers Reverse Grip. Repeat. Bar Planks [training bar]

Start holding the bar, with your feet in front of the bar (almost like a sitting position). Pull up to a plank position, and hold for 15 seconds. Challenge: can you hold it for 30 seconds? 1 minute?

5 Weighted Casts [training bar]

Put on an appropriate pair of ankle weights. Cast as high as you can, while keeping a tight hollow position. After 20 casts, remove the ankle weights. Do your casts improve? Challenge: Increase your weights by 1 lb each.



Bar Challenge [training bar]

Can you do 5 casts in a row, with a tight and hollow body? Can you do a back hip circle with a straight & tight body? Can you do a cast back hip circle with tight body, legs and toes together? Bar Challenge [training bar]

Can you do a leg swing with your leg straight? Can you do a exactly 1 mill circle with a straight leg? Can you do a leg swing back with a straight leg?

Hollow-Arch

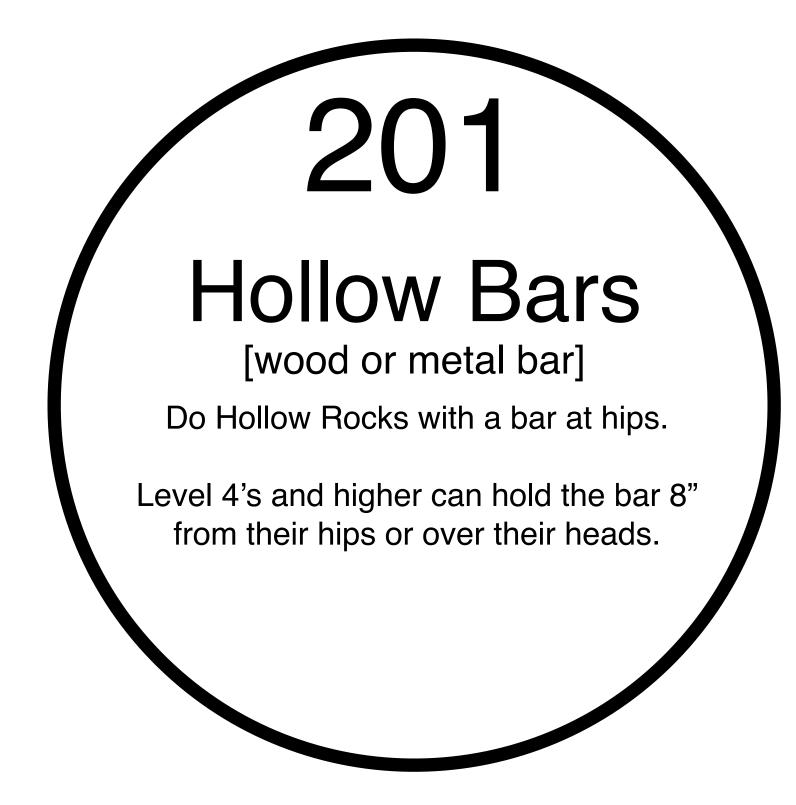
Start in a tight hollow body position in high front support (like before a front hip circle) with your upper thighs on the bar.
Lean forward slightly and arch your back tightly with your legs straight and together.
Pike & tight arch pushing heels back.
Small cast to tight hollow and back to bar.

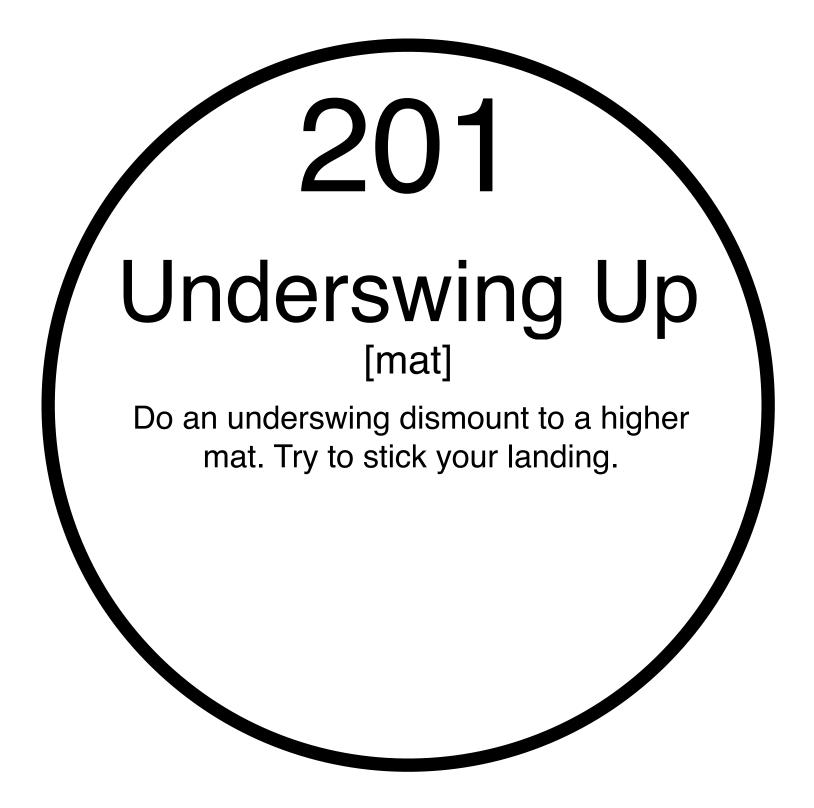
201Hit that Noodle [2 noodles & cast] Hold one noodle low in front of bar. Hold another one at 45° to 90°. Try to kick both noodles the first in the compression (pike) stage, and the second in the cast stage.

Push Up Bar [floor bar & panel mat]

201

Get into a tight pushup position, with hands on the floor bar and feet on the panel mat. Try to lean forward, with your shoulders over the bar.





201 Toe Push [floor bar & mat]

Stand on the floor bar in squat or pike position. Lean back while pushing feet against bar. Pull with hands and drop to a sit on the mat. Once you master that, try lightly jumping

to the bar and performing the drill.

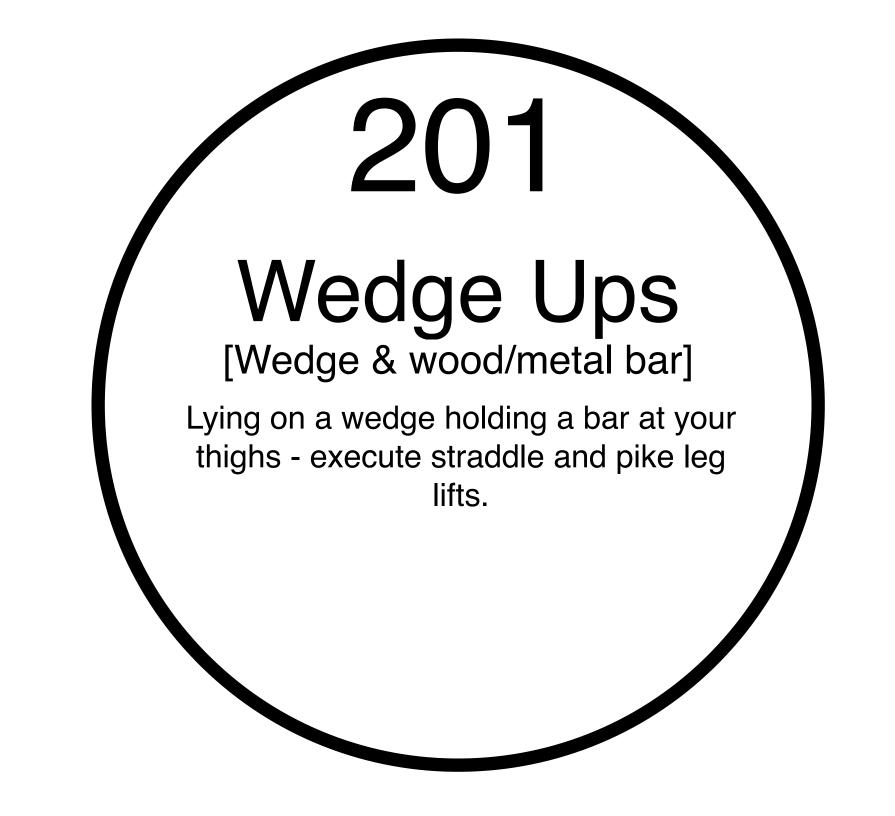


From front support, pike legs under the bar. Hold for 10 seconds. Return to front support. How many can you do in a row?

201 Spotted Pikes

Straddle and pike swings on the bar. Swing 3 times (spotted), release feet then release hands and try to stick the landing.





Support Shifts [training bar or bar]

201

While in front support, shift your weight and support from one arm to the other. See if you can lift your hand off the bar just a tiny bit - when you shift your weight.



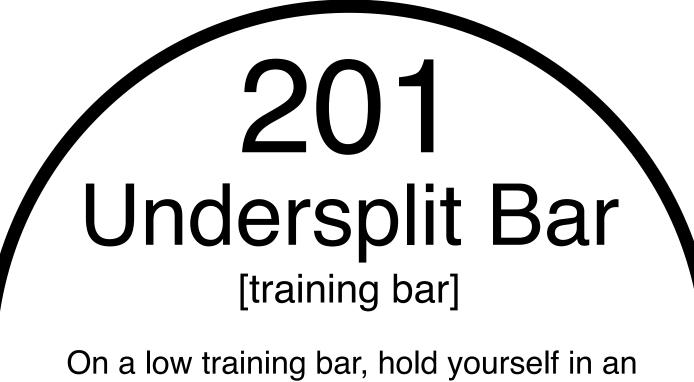


Split Bars

201

[wood bar, 2 panel mats]

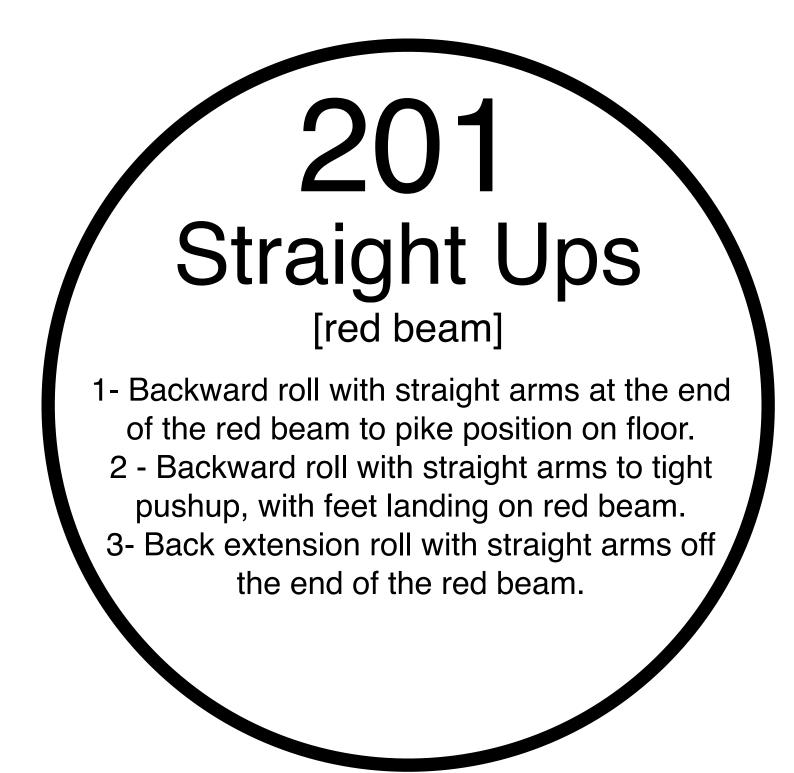
Hold splits on a floor bar with hands in reverse grip while keeping front and back leg raised on a block.



upside-down split position under the bar.

260 Fastest Kicks [yourself]

Lay on your back with your legs straight in front of you. Kick your right leg up five times, as fast as you can, while keeping your shoulders against the floor. Repeat with left leg.





Z01 Hurdle Mats

[panel mat/sting mat]

Run toward the mat, arm swing your arms to tight by your ears, while hurdling over the mat to safely land on the other side.

201 HS Bridges [wedge mat]

Start at the low end of the wedge. Do a nice lunge, T, handstand, and then lower your legs to a bridge. Kick over with straight legs.