

# 1

## 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?



# 2

## 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!

3

## Bar o' Torture

[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.

# 4

## 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.

# 6

## No Bars

[weighted bar or wooden dowel]

Sit down in pike position, with your arms over your head, holding your bar.

Roll back to hollow, keeping bar over head with arms tight.

Straddle & Pike & Hollow

Sit up slowly to pike position.

Repeat.



7

# 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?

8

# 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?



# 9

## Hollow-Arch

[any bar]

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.



# 201

## Hit 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.

# 201

## Push Up Bar

[floor bar & panel mat]

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

## Hollow Bars

[wood or metal bar]

Do Hollow Rocks with a bar at hips.

Level 4's and higher can hold the bar 8"  
from their hips or over their heads.

201

# Underswing Up

[mat]

Do an underswing dismount to a higher mat. Try to stick your landing.

# 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.

# 201

## Front Pike Ups

[training bar or bar]

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

[Coach]

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

# 201

## Pike Swings

[Coach]

Stand on a block with one foot on the bar,  
jump to a pike swing.

After you master that, try jumping to pike  
or straddle swing from a block.

# 201

## Wedge Ups

[Wedge & wood/metal bar]

Lying on a wedge holding a bar at your thighs - execute straddle and pike leg lifts.

# 201

## Support Shifts

[training bar or bar]

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.

# 201

## Leg Swing Drill

[training bar at waist height]

The bar should be at waist height - if needed, stand on a safe block.

Hold onto the bar and swing one leg over the bar to end in stride support. Push up from the bar to clear support.

# 201

## Push-its

[just you & some practice]

Start in tight body position. Swing one leg around in pancake to end in a split, with arms tight at your sides holding you up.

# 201

## Split Bars

[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.

# 201

## Undersplit Bar

[training bar]

On a low training bar, hold yourself in an 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.

# 201

## Straight Ups

[red beam]

- 1- Backward roll with straight arms at the end of the red beam to pike position on floor.
- 2 - Backward roll with straight arms to tight pushup, with feet landing on red beam.
- 3- Back extension roll with straight arms off the end of the red beam.

# 201

## Straight Backs

[wedge mat]

- 1 - Backward roll down wedge with arms straight.
- 2 - Backward roll down wedge with arms straight, to pushup position.
- 3 - Back extension roll down wedge with arms straight.
- 4 - back extension roll to handstand against wedge

# 201

## 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.