

ACRO-BALANCE SPECIFIC PHYSICAL PREPARATION

5x ROUNDS OF 8 EXERCISES + CORE

Monday

Number of Repetitions	Name of the Exercise	Notes
25x	Sumo Squats	Deep ones
20x	Calf Raise	20x Each leg
20x	Push up High legs	
25x	Angels	Legs and arms straight
20x	V Abs	
1 minute	Calf Squat Hold	
20x	Lunge Jumps	20x between both legs
15x	Burpees	

Core - 4 times

Tucks	Classic Crunch	Bicycle	Open Angels
25x	25x	25x	25x

Wednesday

Number of Repetitions	Name of the Exercise	Notes
10x	Pistol Squats	10x Each Leg
20x	Close Push Up	
15x	Turning Bunny Hops	15x Each Leg
20x	Shoulders Push Up	
20x	Squat and Jump	
1 minute	Hand Plank	
20x	Elbow Lifts	Lift your shoulders pushing with elbows against the floor.
x15	Side Jump + Push up	

Core - 4 Times

V Abs	Side Fish	Legs Up
20x	25x Each Side	25x

Friday

Number of Repetitions	Name of the Exercise	Notes
1 minute	Chair Hold	No Wall
20x	Square 1 Leg Hops	20x Each Leg
1 minute	HandStand	If possible No Wall
15x	Long Jumps	
25x	Calf Bouce	Use your ankles, not knees
15x	Elbow to Hands	
15x	High knees Jump	
15x	Sit and Roll	

Core - 4 Times

Gainage	Side Plank up&down	Angels Hold	Elbow Plank
1 min	1 min (Each Side)	1 min	1 min

Link to video description of the exercises



