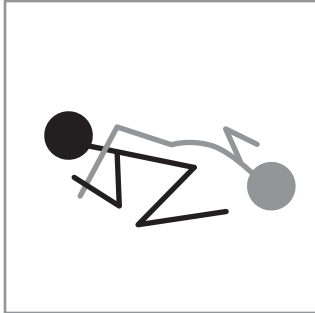


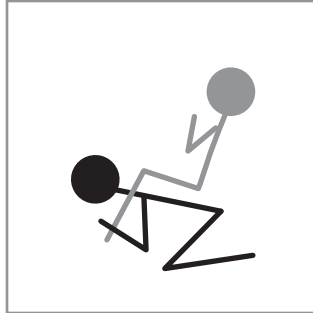
ACRO BEAST

PARTNER WORKOUT

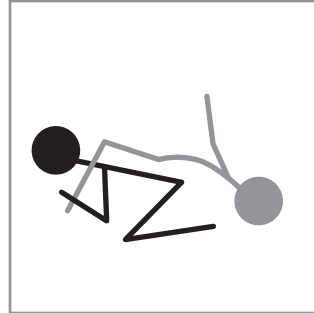
sit-ups



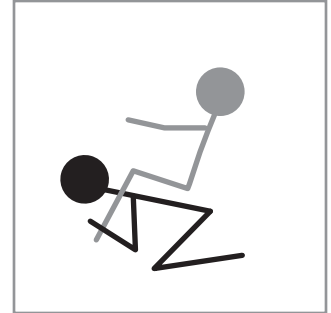
back to back. seated sit-up



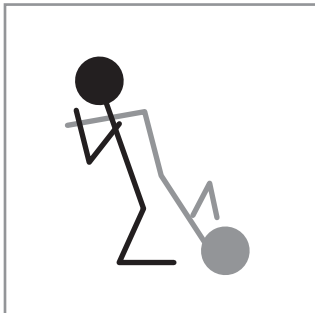
back to back. seated sit-up



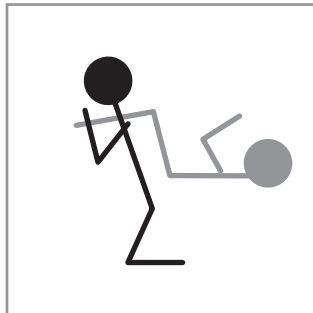
back to back. seated sit-up



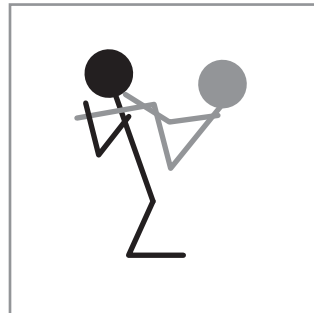
back to back. seated sit-up



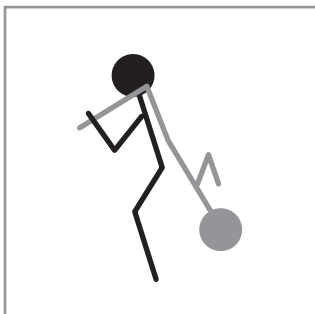
back to back. mid seated sit-up



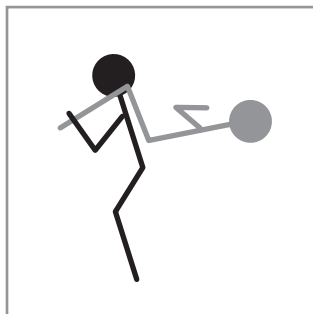
back to back. mid seated sit-up



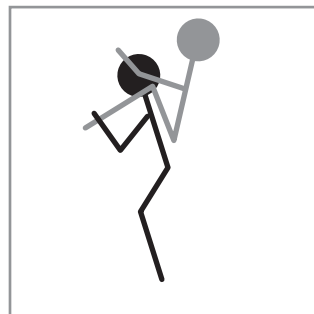
back to back. mid seated sit-up



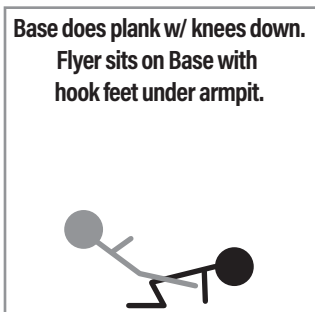
back to back. standing sit-up



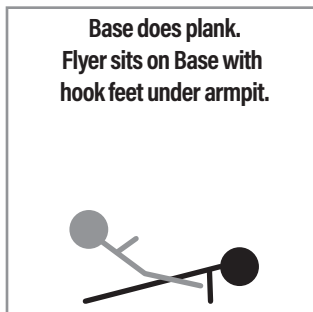
back to back. standing sit-up



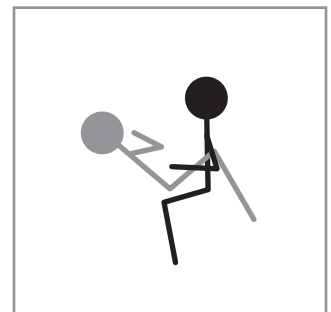
back to back. standing sit-up



plank sit-ups & twists



plank sit-ups & twists

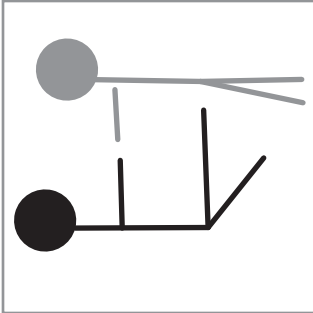


mid standing sit-up

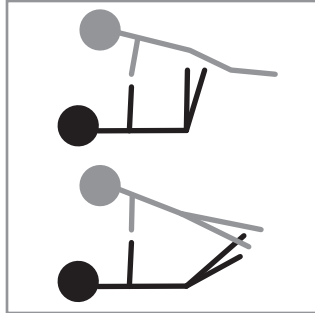
ACRO BEAST

PARTNER WORKOUT

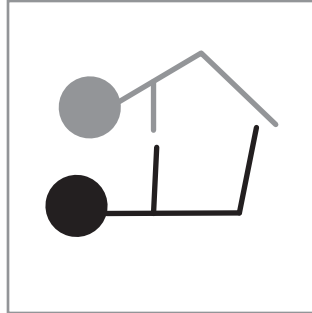
bird brains



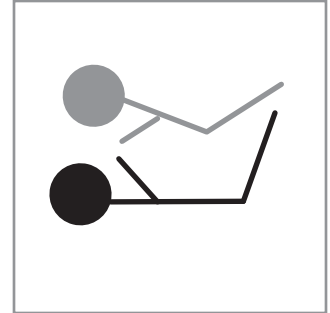
bird 3pt & presses



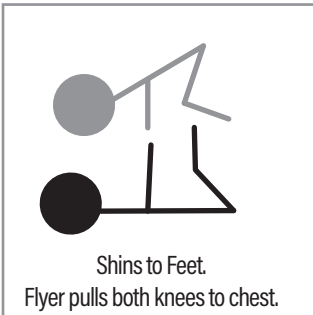
bird walks & presses



bird V-ups

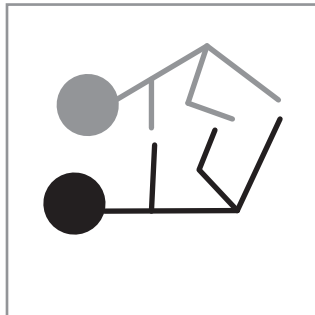


bird U-downs



Shins to Feet.
Flyer pulls both knees to chest.

bird tucks

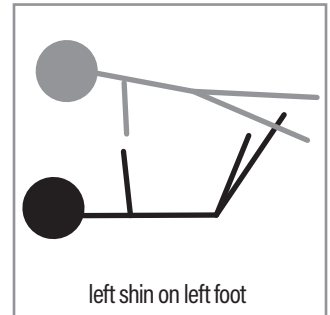


bird mountain climbers



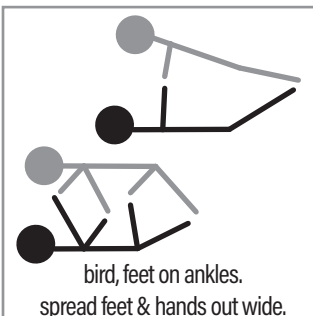
bird on ankles. flyer lift each leg.

birds lifts



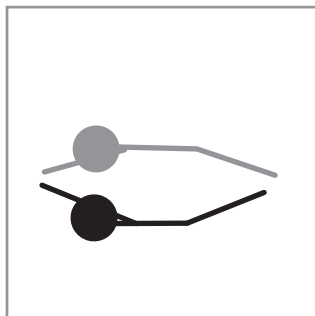
left shin on left foot

goofy birds & walk-overs



bird, feet on ankles.
spread feet & hands out wide.

bird flying squirrel



bird superhero



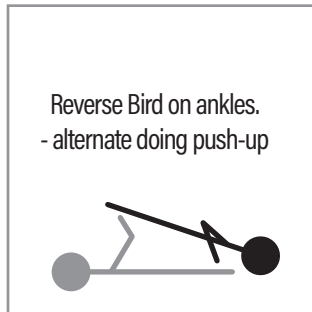
Reverse Bird on ankles.

Reverse Bird Push-Ups



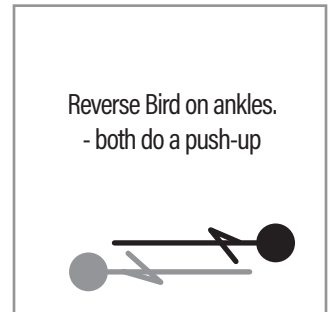
Reverse Bird on ankles.
- alternate doing push-up

Reverse Bird Push-Ups



Reverse Bird on ankles.
- alternate doing push-up

Reverse Bird Push-Ups

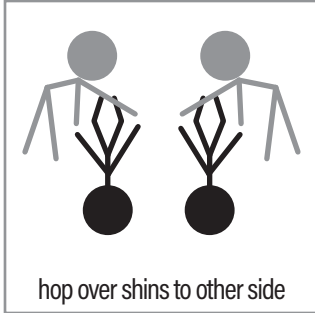


Reverse Bird on ankles.
- both do a push-up

Reverse Bird Push-Ups

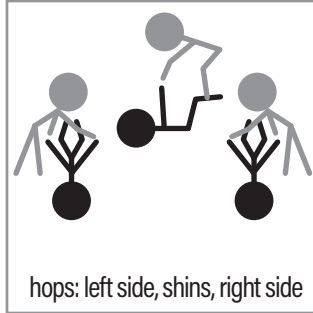
ACRO BEAST

PARTNER WORKOUT



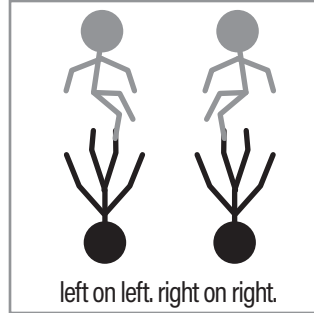
hop over shins to other side

hop over shins



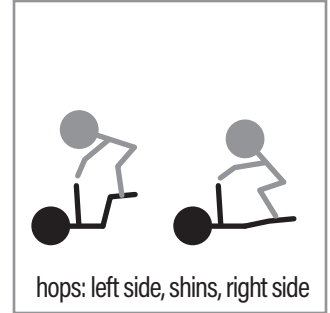
hops: left side, shins, right side

foot2shin hops



left on left. right on right.

goofy foot shin walk



hops: left side, shins, right side

foot2shin extensions

Base in L-Position
Flyer hangs on feet.
arms straight.

bend elbows into Pull-ups
while feet on ground.

VAR: legs straight up & pull-up.
Base supports shoulder.

cannonball prep & pull-up

Base in L-Position
Flyer hangs on feet
elbows bent.

Pull legs in to do tuck/
knees to chest.

Stay in tuck, rotate touch
toes on Base's Chest.

**cannonball tuck
& skin the cat**

Base in L-Position
Flyer hangs on feet
bent elbow.

Pull legs in to pike legs.

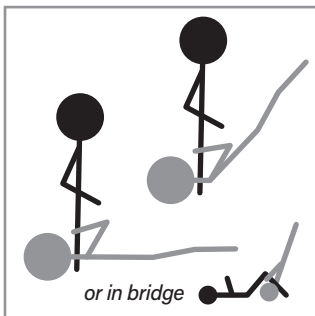
Stay in pike, rotate &
touch toes on Base's Chest.

VAR: Straddle Pike

**cannonball pike
& skin the cat**

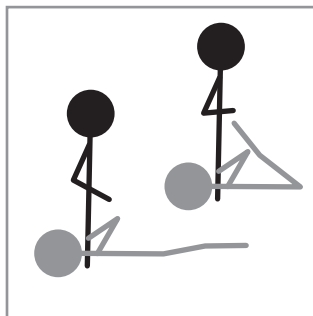
Do a full Cannonball into
StraddleBat.
Grab feet, and rotate into
Foot-To-Hand.
Legs thru and place on side of
hips. Flyer grabs feet and lowers
into Cannonball. repeat.

full cannonball wheel

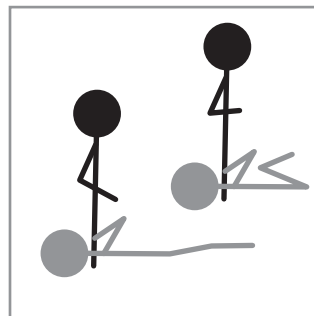


or in bridge

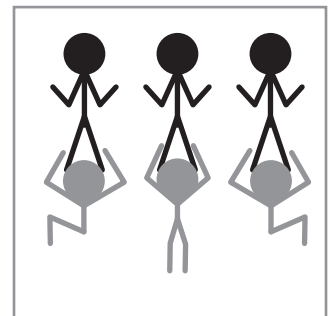
core lifts - standing or bridge



pike leg lifts



tuck leg lifts



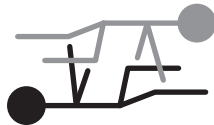
core tuck & twists

Base holds Flyer's knees.
Flyer holds Base's knees.



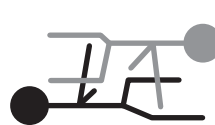
Jedi Crawlers

Alternate Opposite
Legs & Hands
Extended



Jedi Crawlers

Flying Squirrel.
Extend knees and
hands to sides



Jedi Flying Squirrel

Superhero.
Extend knees and
hands above head.

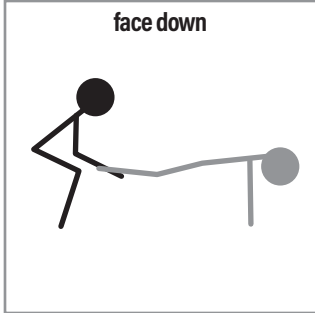


Jedi Superhero

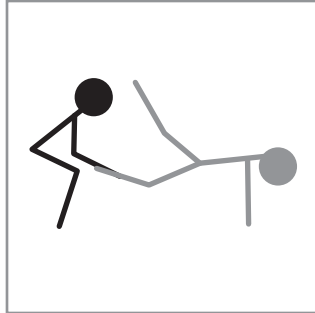
ACRO BEAST

PARTNER WORKOUT

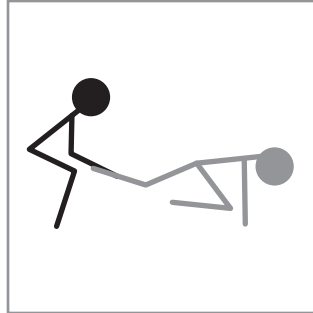
wheelbarrows



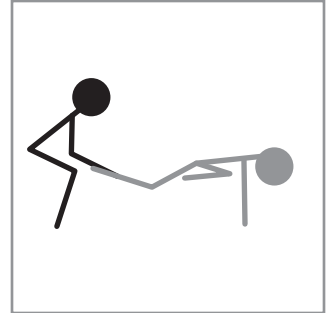
planks



leg lifts



tuck/mountain climbers



tuck across body

must keep wrists & shoulders ≥ 90 -degrees



lift & cross behind

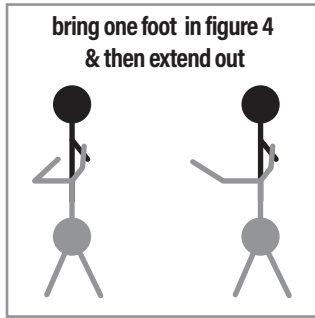
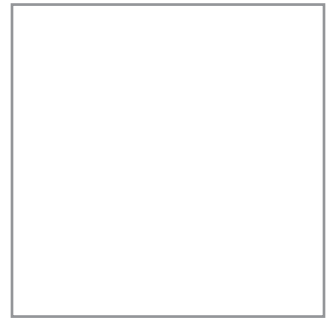
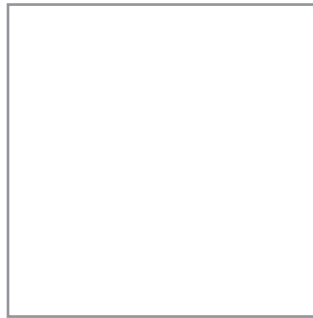
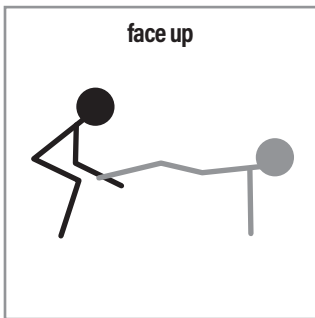


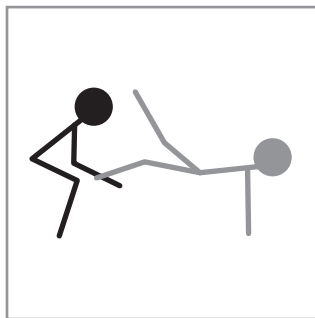
figure 4s & extend



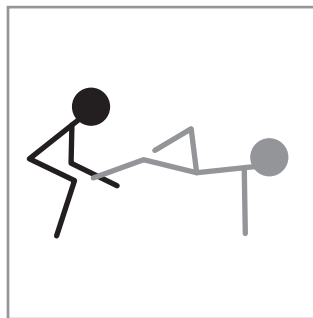
must keep wrists & shoulders ≥ 90 -degrees **reverse wheelbarrows**



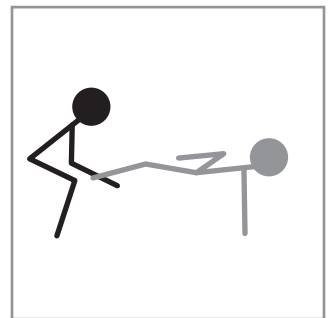
planks



leg lifts

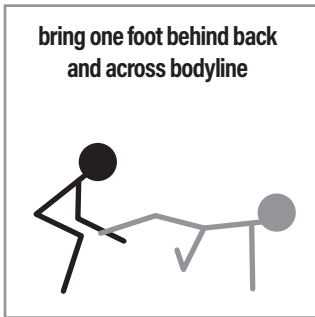


tuck/mountain climbers



tuck across body

must keep wrists & shoulders ≥ 90 -degrees



lift & cross behind

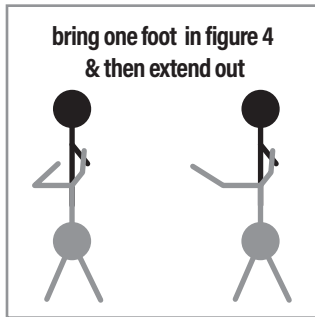
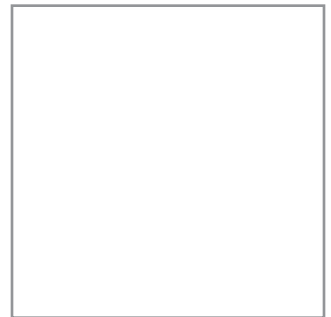


figure 4s & extend



ACRO BEAST

PARTNER WORKOUT

random workouts

COUNTERBALANCE SQUATS
 Face each other. Lower & Rise at same time.

- Two-Handed Hold
- Handshake Hold & Reach Out
- Handshake Hold, Rise & Alternate
- Time Jumps
- Jump to Sides
- Jump & Rotate
- High Tens

BACK TO BACK SQUATS
 No Hands. Lower & Rise at same time into squats.

- Basic Squats
- Walk To Side
- Time Jumps
- Jump to Side
- Jump & Rotate

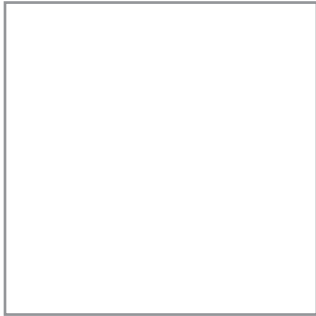
TRICEP DIPS
 Base on the ground, bent knees.

- Flyer holds Knees, Tricep Dip.
- Flyer holds Hands

BOW LIFTS
 Flyer does Bow on Ground.
 Base grabs ankles and lifts.
(insert laughter)

2/3-PERSON DUDE LIFTS
 One Person on ground, other standing.
 Dude Grip, lift & maintain shape.

- Base Lifts
- Person Standing Lifts
- Both Lift
- Switch Sides



FLAG WORKOUT
 Do Flag, have Flyer:

- Keep square and side sit-ups.
- Rotate core to do sit-ups.
- Rotate core to lean back
- Lean back & touch ground.

BIRD IN HANDS

- Presses
- Counterbalances

COUCH PRESSES
 VISHNUS or VASH
 IN FEET: Presses. Rotations.
 IN HANDS: Presses. Rotations.

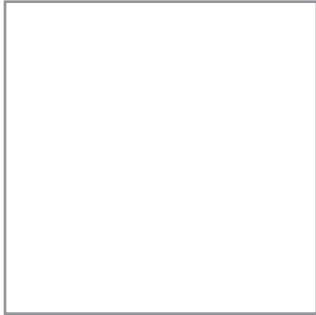
TUCK/BOAT BALANCE
 Base on ground, Flyer sits on hips

- Tuck knees.
- Legs & Core Up to Boat.
- Straddle circle legs to tuck
- Base walks fwd, bwd, side

ANKLE LIFT-UPS (Lats)
 Person1 on back, legs straight, pinch ankles together or with a shirt to keep together.

- P1 keeps legs body straight.
- P2 stand at Side or at Feet lifts ankles high safely. good posture. Work on Lats & Deltoids shoulder.

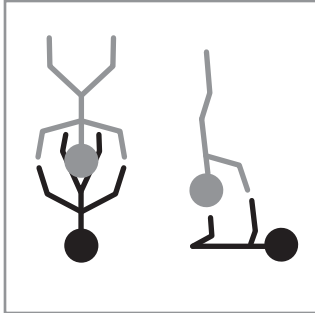
BACKFLY CRUNCHES
 Flyer in Reverse Backfly in Base Hands. Flyer grabs feet.
 Extend single or both legs then Knees2Chest. VAR: Wide Straddle. Side To Side.



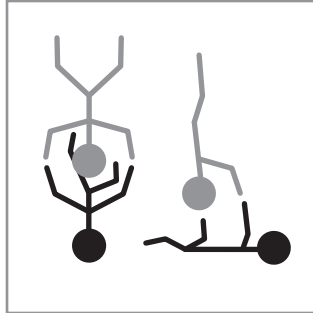
ACRO BEAST

PARTNER WORKOUT

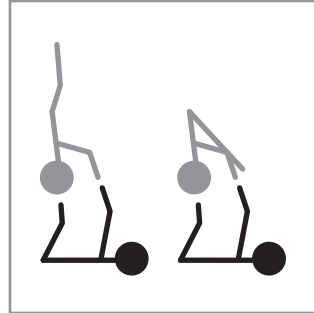
star workouts



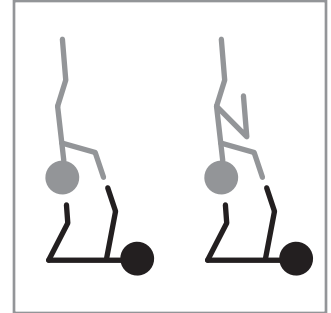
Static & Presses



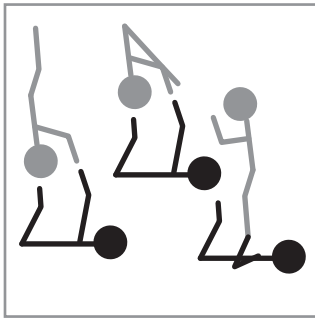
3-pt Contact & Presses



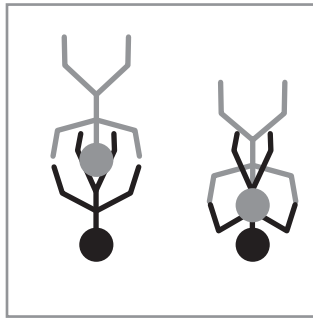
Pike Presses/Touch Fingers



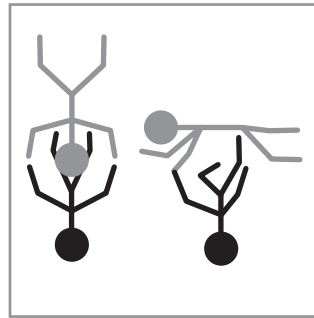
Stag Presses



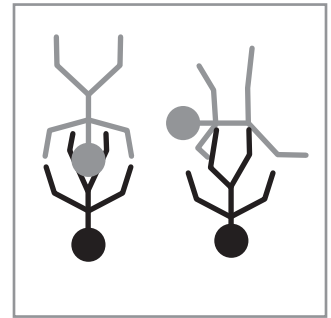
Star to Foot-to-Hand & Foot-to-Hand to Star



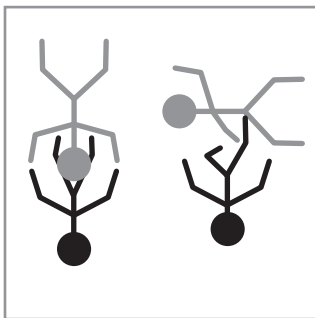
Star walk-down to StraddleBat and back to Star



Star to Tick Tock, Straddlebat back to Star.



Star to Wash



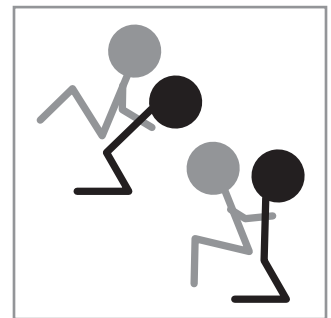
Star to Side Stars
inside - outside - front - reverse



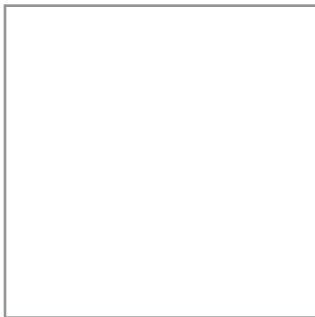
xxx



xxx



back to back balancing



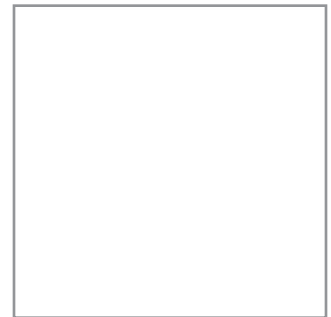
xxxx



xxx

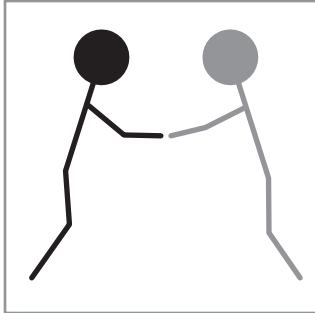


xxx

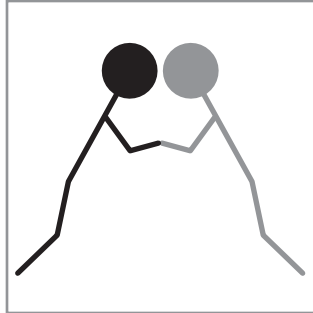


xxx

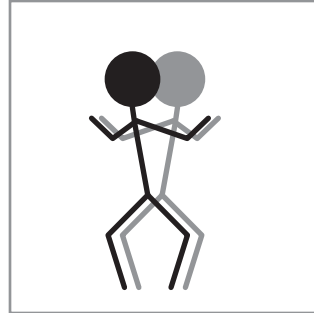
push up variations



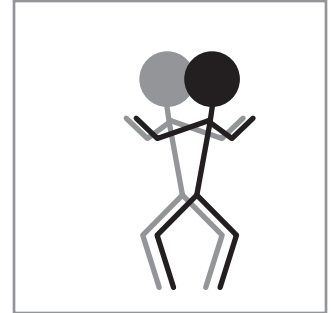
Lean-in Straight Arms



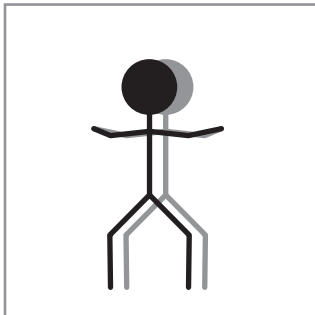
& PushUp Elbows Bent



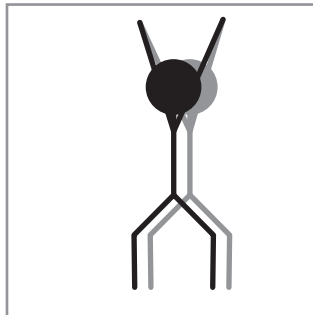
Head Shift Left & PushUp



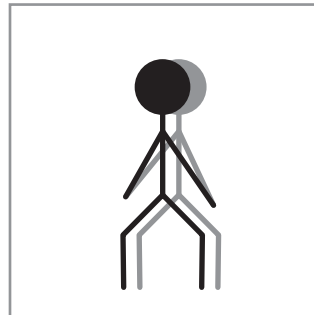
Head Shift Right & PushUp



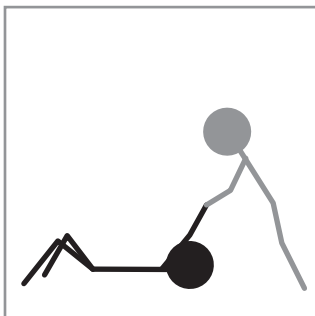
Hands Wide & PushUp



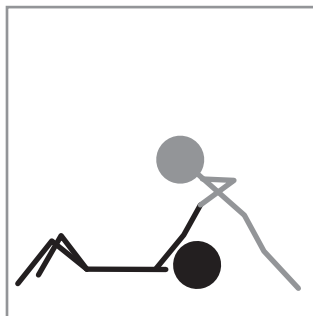
Hands Above & PushUp



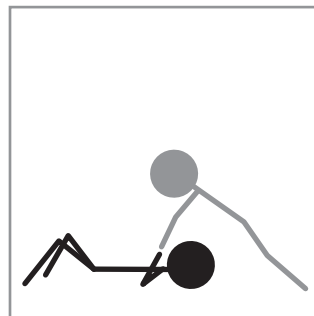
Hands Down & PushUp



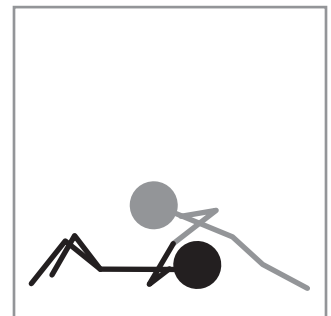
Arms Extended



Flyer Does PushUp



Base does PshUp



Both Do PushUp

