

BADGE 5 SKILLS YOU CAN PRACTICE AT HOME

FLOOR ROTATION

ROCK BACK AND STAND

FLOOR STRENGTH

HOLD BASIC SHAPES

STAR

STRETCH

TUCK

STRADDLE

PIKE

V - SIT

BACK SUPPORT

FRONT SUPPORT

ARCH

DISH

FLOOR FLEXIBILITY

FLEX FEET STRETCH AND POINT

FLOOR BALANCE

BUNNY HOP AND HOLD