

Intro Level In House Routine 2025

Stretch

1. Rock back into a straddle sit - hold 3 seconds
2. Show pike-hold 3 seconds

Lay stretch on floor

3. Hold dish - 3 seconds
4. Roll to arch - hold 3 seconds
5. Front support - 3 seconds
6. Jump feet into a squat on position
7. 3 x bunnyhops

Stretch

8. Straight Jump
9. Star Jump
10. Balance on 1 foot - hold 3 seconds

Stretch to finish

