



WE MISS GYMNASTICS CHALLENGE

W-WALKING LUNGES (20x EACH LEG)

E- ECCENTRIC SINGLE LEG SQUATS (x10 EACH LEG)

M-MINUET LONG PLANK HOLD

I-INCH WORM WITH A PUSH-UP (x20)

S-SIGNLE LEG V-UPS (x20 EACH LEG)

S-SQUAT JUMPS (x20)

G-GOBLET SQUAT (x15)

Y-Y's (SUPERMAN ARCH POSITION x12)

M-MOUNTAIN CLIMBERS (x30 EACH LEG)

N-NORDIC CURLS (X10)

A-ARCH ROCKS (x25)

S-SIT-UPS (x15)

T-TRICEP DIPS (x15)

I-I's (SUPERMAN POSITION x12)

C-CRUNCHES (x20)

S-SCISSORS (x30)

