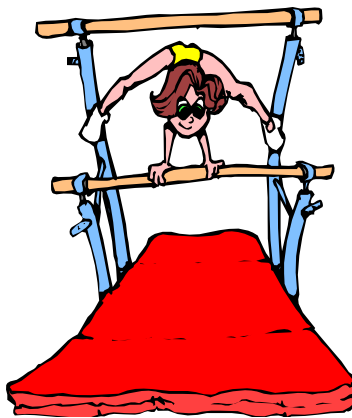


BARS COMPLEX

- Hanging on high bar – hold hollow/tap position (3 sets of 15-second holds)
- Hanging on high bar – hold whip/arch position (3 sets of 15-second holds)
- Hanging on high bar – fast whip/tap positions (3 sets of 15)
- Hanging on high bar – leg lifts; pike/straddle through (3 sets of 10)
- Hanging on high bar – pull-ups to chest (3 sets of 10)
- Hanging on high bar – high whip/tap swings (3 sets of 10)
- Hanging on high bar – pull over, roll forward, pull over (3 sets of 5)
- From front support on low bar – shoulder shrugs (3 sets of 15)
- From front support on low bar – dips to chest and push up (3 sets of 15)
- From front support on low bar – straight-arm push up to knees (3 sets of 15)
- From front support on low bar – high **straight arm** cast, return to bar (3 sets of 10)
- From front support on low bar – rock back, bring toes to bar (3 sets of 5)
- Glide kips (10) or
 - Glide kip; cast away, kip (3 sets of 3)
- From front support on low bar – cast, double back hip circle (3 sets of 3)
- From front support on low bar – cast to handstand (3 sets of 5)



Bar Drills

- Squat on drill with floor bar.
- Toes to bar L hang, but knee high.
- Exercises using tubing between legs of bars.
- Kick-Over using wedges.
- Chin-Ups
- Pull-Ups
- Straddle swings
- Casting stations
- Glide Swing-off panel mat/panel with carpet square.
- Clean pullover, back hip circle, etc... (Bean bag between legs)
- Squat-on-on low corner bar- jump to squat-on from floor.
- Also use balance beam-hands on beam, feet on floor; jump to squat on.
- Glides-Put carpet square on panel mat and do pike glides with extension.
- Draw diamond on floor and perform straddle glides, with toes following diamond shape.
- Stand on panel mat behind bar with hands on bar and hips back. Push back to a glide, coming back to stand on panel mat.
- Legs - Lots of pike ups hanging from bar.
- Pull Down-Hang from bar, in straddle, teacher holds ankles. First little swing, then big swing with pull down. Ending in support position on bar. Straight arms and straight legs!!
- Kips - Put cone out in front to reach for with toes, encouraging extension.

