

SHAPES

THAT WILL IMPROVE

YOUR TUMBLES



ENTER ON YOUTUBE FOR
VIDEO RESOURCES



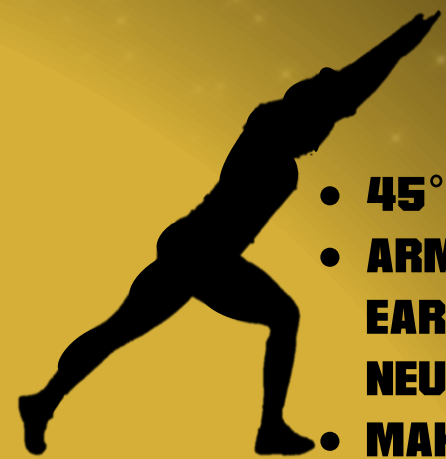
- CHEST IN LINE WITH KNEES
- BOTTOM PUSHED BACK
- ARMS BEHIND READY TO PROJECT BODY

ATHLETIC POSITION



- HOLLOW BODY
- ARMS BY EARS
- KNEE IN LINE WITH HIP

PASSE



- 45° ANGLE
- ARMS BY EARS, HEAD NEUTRAL
- MAKE THE FRONT STEP LONG

LUNGE



- HEAD NEUTRAL
- EXTEND SHOULDERS
- SQUEEZE BODY
- POINT TOES

HANDSTAND

- RIGHT ANGLE IN SHAPE
- HEAD NEUTRAL
- PUSH LEGS STRAIGHT



BRIDGE

- PUSH LOWER BACK INTO GROUND
- FEET AND HEAD LIFTED FROM FLOOR
- SPOT TOES
- ARMS BY EARS



HOLLOW

- PUSH BELLY INTO GROUND
- FEET AND HEAD LIFTED FROM FLOOR
- ARMS BEHIND EARS



ARCH

- ARMS FLAT ON FLOOR
- HIPS AND BELLY MAKE A RIGHT ANGLE
- SPOT TOES/ SHINS



TUCK

- ARMS FLAT ON FLOOR
- BODY FULLY EXTENDED AND SQUEEZED
- SPOT TOES



SHOULDER STAND

RHCHEERCLINICS.COM

