

## Certified Level 2 Positions

Updated Breathing

Shoulder Rolls/Side Plank Version 1

Side Plank from Shoulder Rolls (stacking the feet, lifting top leg)

Hood Ornament

Broken Hood Ornament

Twisting Broken Hood Ornament

Standing Split

Road Warrior 3

Exploding Knees

Roundhouse Kick

Superhero, free fall, shot out of a cannon, Bow.

Crashing Airplanes

Banana Splits

Can Opener

DDPY Scissor Kicks

Cannonball Crunches

Inverted Table (with Crunches)

Saftey Zone Variations