

Certified Level 1 Positions

Breathing

Ignition

Touchdown

Diamond Cutter

Bent Leg Bar back

Stiff/Straight Leg Bar back

Catcher into Thunderbolt

Push Ups (3, 5, 10 full and half reps)

Cobra/Sphinx

Downdog

3 legged dog

Runners Lunge

Supported Lunge

Superstar

Butterfly

DR Punches

Fast twitch Punches

DR Rows

DR Curls

Twisting Lunge

Spaceshuttle

Exploding Touchdown

Touchdown Sidebends

Alligator

Table

Cat Lift

Cat Arch

Broken Table

Broken Table Crunches

Bow and Arrow

Road Warrior 1

Road Warrior 2

DR Cables (Showstoppers)

Reverse Road Warrior

Extended Side Angle

Triangle

Twisting Triangle

Modified Cobra. or King Cobra

Saftey Zone

Seated Bat

Level 1 Crunches (V Sit variation)

Leg Raises

Cannonball

Pinfall into Bridge

Easy Twist

Deeper Twist

Figure 4