

New Positions

All positions are demonstrated on the Continuing Education Additional Certified Moves - 2026 video.

Please record yourself teaching these to two or more people and submit to Haydn for approval.

Videos should be no more than 10 minutes duration.

For Certified Level 1 and Level 2 Instructors

Outrigger (without wrap and burn)

Twisting Lunge Sequence inc Razors Edge

Mountain Climbers

Frankenstein to modified Warrior 3 for Level 1

DR Flyes

DR Chin Ups

DR Pull Ups

DR Shoulder Press

Readdress variations and combinations

Deadbug, Flying V

Seated Bat and Jackknife

For Certified Rebuild Instructors

Seated Figure 4 for Rebuild