

Acro Challenge Bingo!

<p>25 Mountain Climbers</p>	<p>Full Plank Hold for 1 minute</p>	<p>Forward Fold Legs straight 30 seconds each: Legs together & Legs apart</p>	<p>Left Side Plank Hold for 1 Minute</p>	<p>Shoulder Bridge Hips higher than ribs Knees and feet together. Hold 1 minute</p>
<p>L Stand Hold for 1 minute</p>	<p>Right foot Splits Squared hip split Open hip split Hold 1 minute each</p>	<p>Candlestick Hold 30 seconds each: Straight leg Straddle Plow position</p>	<p>Tri Pod Headstand (knees to chest) Hold for 30 seconds</p>	<p>Left Cartwheel Any Variation</p>
<p>Right Cartwheel Any Variation</p>	<p>Crab Walk 8 ft long</p>	<p>Right Side Plank Hold for 1 minute</p>	<p>Bridge From Floor Hold 30 Seconds (ADV: feet & knees together)</p>	<p>Backbend from standing and recover</p>
<p>Hand Stand Hold for 5 seconds</p>	<p>10 Inch worms (plank to pike) No bending arms/legs</p>	<p>Superman Hold for 20 Seconds</p>	<p>Left foot Splits Squared hip split Open hip split Hold 1 minute each</p>	<p>Straddle Split Against Wall Hold for 1 minute</p>
<p>Elbow Stand Or Dolphin pose HOLD 30 seconds</p>	<p>15 Egg Rolls Back & up without touching feet to floor ADV: extend to V</p>	<p>Table to Reverse Pike 5 times (ONLY HANDS FEET TOUCH GROUND)</p>	<p>5 Forward Rolls No Hands to get up ADV: Dive Rolls</p>	<p>Banana Hold 20 Seconds</p>