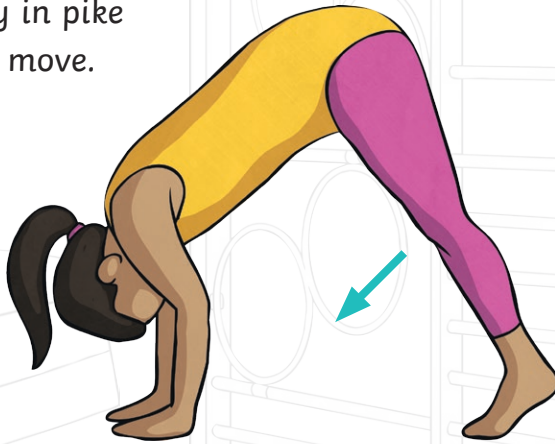




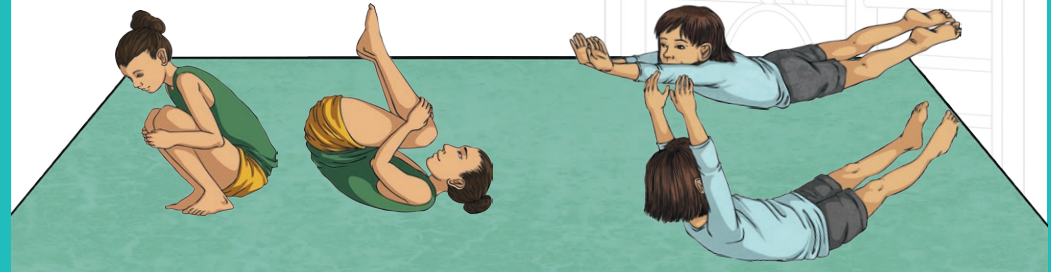
Station 1: Stretch It, Strengthen It

Bend your knees slightly in pike to help you perform the move.



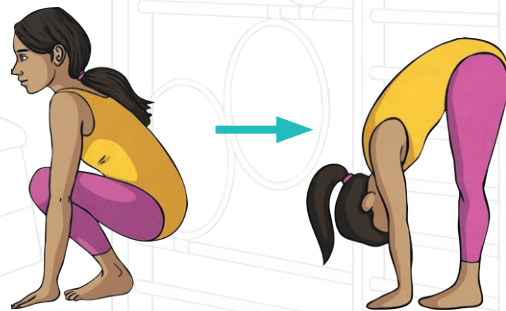
Station 2: Recap and Refine

Choose just one or two rolls to focus on.



Station 3: Pike Forward Roll

Begin in a squat position and aim to end with straight legs.



Station 4: Backward Roll to Standing Pike

End in a squat position then push your arms and bottom up from the floor and straighten your legs to create the standing pike.





Station 1: Stretch It, Strengthen It

Can you hold a plank position with only one leg touching the ground?



Station 2: Recap and Refine

Can you link different rolls with a turn or leap?



Station 3: Pike Forward Roll

Can you perform the roll in one continuous movement?



Station 4: Backward Roll to Standing Pike

Can you push through the pike to stand up quickly at the end of your roll?

