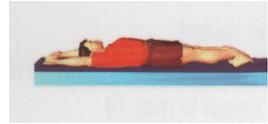
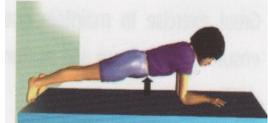
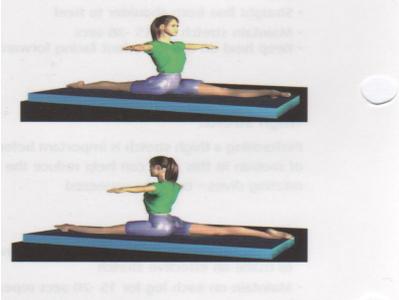


Tuck to Dish	 <p>Tuck Kick outs: Great for practicing the kick out for back / reverse tuck dives but also good abdominal work.</p>	 <p>From tuck to dish. Right to left</p>
v sits		 <p>From flat lying on floor with hands and feet touching floor to Hands touching toes arms squeezing ear NOT wrapped</p>
Back raises		From flat to raised, hands grabbed on top of head
press ups		Make sure there is no bend in body when doing press up. Make sure they go down low. So they actually work some muscles
Leg raises		Lie on back hands by side (Not under bum), Raise legs about 4inches above floor and each rep raise to 90 degrees and down again. Do no touch floor until a set is completed
dish hold		Hold with out moving. Do not hold legs. Hand should be on top of thighs fingers pointing and flat
arch hold		Hold With hands Grabbed above head. Looking at hands but head kept inline with arms
squat to tuck jumps	Legs shoulder width apart. Touch floor with both hands keeping back straight and jump into air reaching for the sky then a tight quick tuck jump. When touching floor chest and shoulders stay upright (like a crouching frog position) No stopping till whole set is FINISHED	
Planks on elbows		Do not let body wobble in the middle and keep head off hands. Feet not against the wall
45° - 90° - v sit all the way over	Lift legs in a leg raise to 45°, then back down to near the floor then lift legs up to 90° then back down to the floor, then do a v sit (see v sit) then legs back down to the floor, then lift legs all the way over head to the floor above head. Keeping legs straight Through out all moves and hands by side NOT under bums. Do not push off floor with legs	
staddle hold Feet and bum off ground		Elbows locked weight over wrists and knees locked straight. Do not rest on your elbows
pike hold feet and bum off ground		Elbows locked weight over wrists and knees locked straight

pike toes pointed		Keep Legs straight at all times and back flat
pike toes flexed	Sitting with legs straight in front, toes up to ceiling feet flat against the wall. Push palms of hands against wall keeping legs straight and back flat.	
straddle fold		Hands down the middle as well as on feet. Trying to get chest on the floor with a flat back
splits left		
splits right	Front Leg Straight with hips and chest pointing forwards in line with leg. Back leg must be inline with front leg not bending sideways. Hands to either side on the floor with chest up.	
splits box		If not down. Lean forwards on elbows with straight legs
shoulders forwards	Divers should know what this one is. Legs straight back flat at 90degrees and arms straight and hands together. Push in the middle of the upper back to help create more flexibility	
shoulders side	Divers should know what this one is. Arm flat against wall behind body at 90degrees to body shoulder of the opposite arm trying to touch the hand that is on the wall.	
Toe point stretch		Ankles and knees together, Keep body weight over center of ankles and wrists
Achilles Stretch against the wall		Keep heel on the floor, Foot facing forwards and knee straight. (good board work requires flexible achilles and soleus)