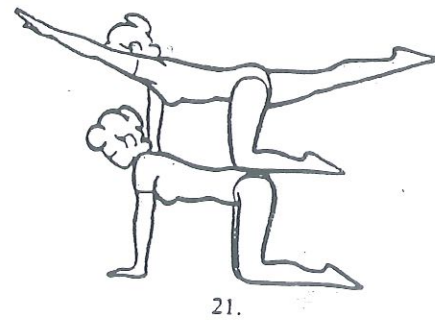
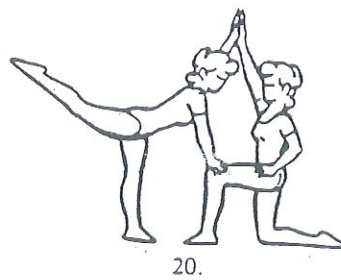
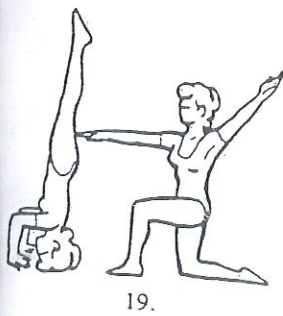
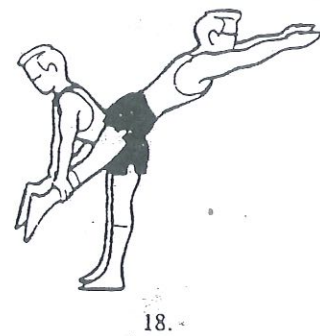
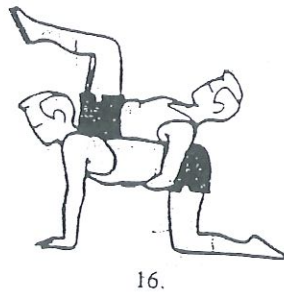
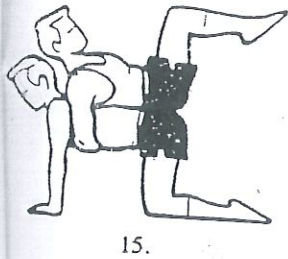
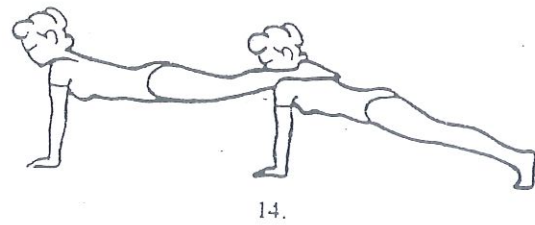
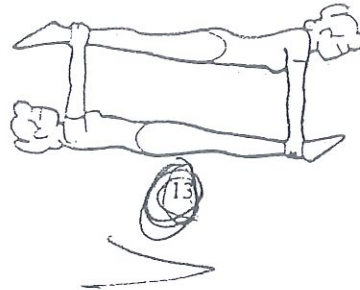
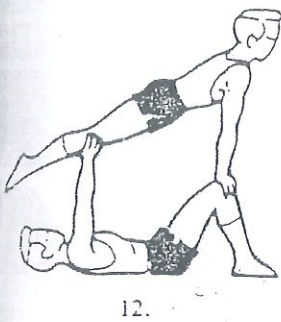
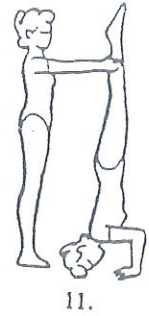
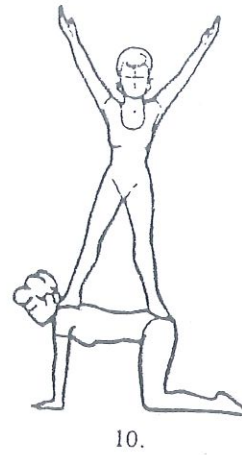
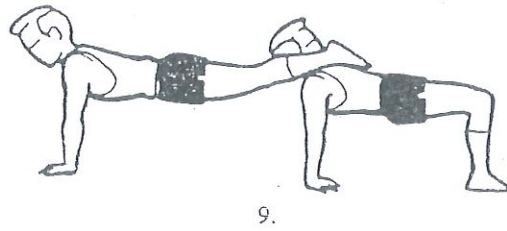
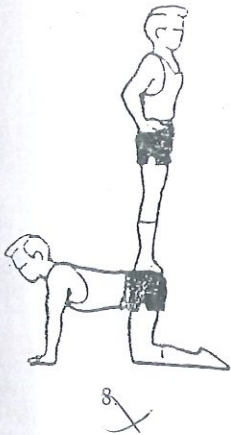
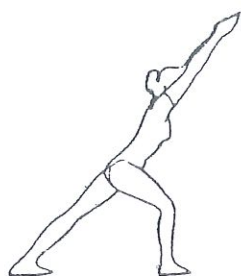


Beginner cont.



Intermediate cont.



Front lunge



Head balance



Stag head balance

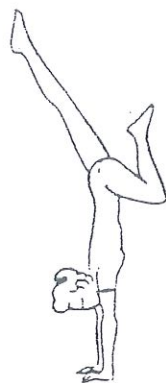
Advanced



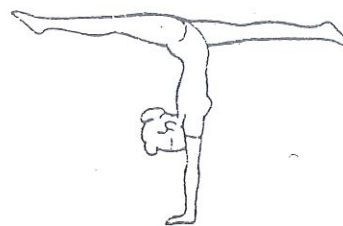
Forearm balance



Hand balance



Stag hand balance



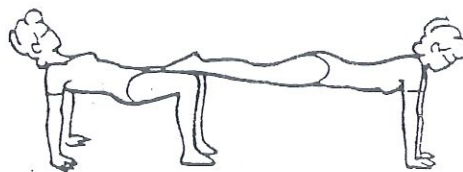
Split hand balance

Double Balances

Beginner



1.



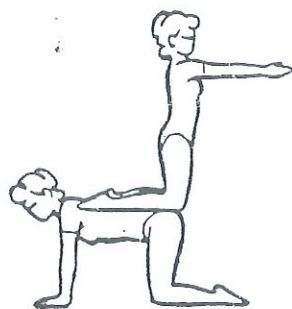
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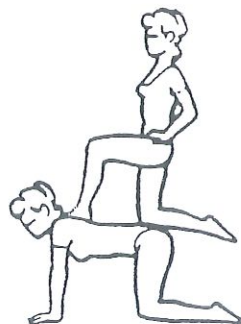
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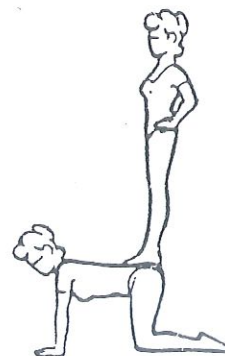
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5.

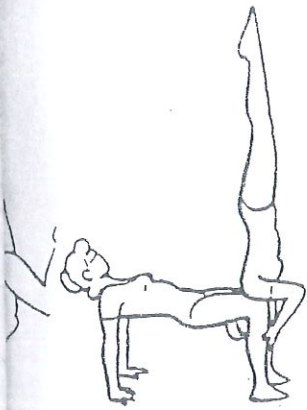


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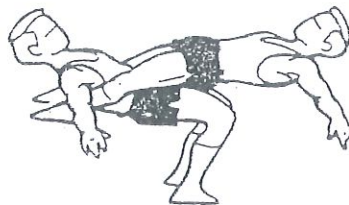


7.

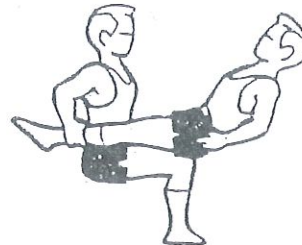
Advanced cont.



61.



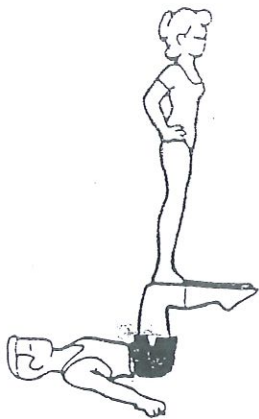
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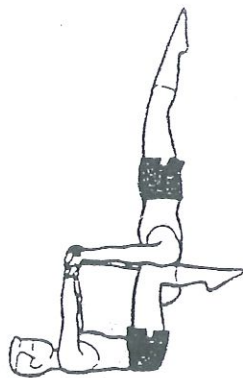
63.



64.



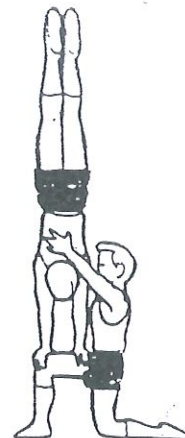
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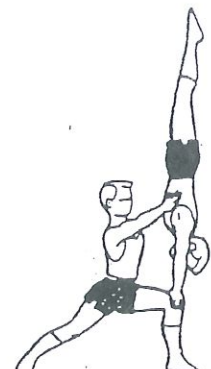
66.



67.



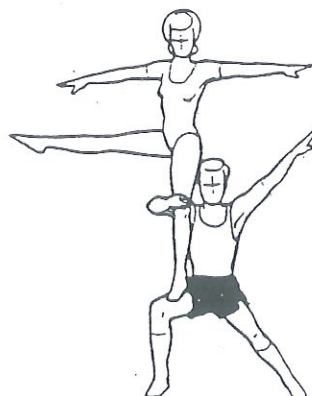
68.



69.



70.



71.



72.

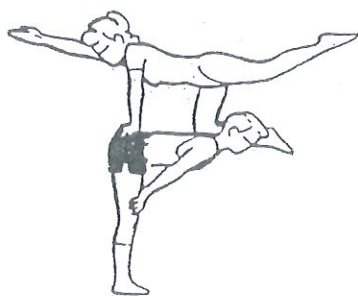


73.

34 Δ Creating Gymnastic Pyramids and Balances

advance

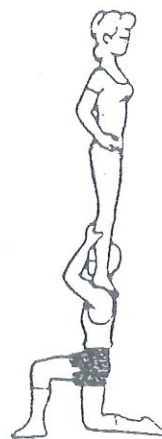
Intermediate cont.



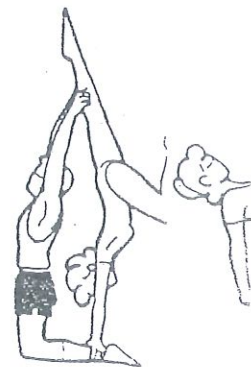
49.



50.



51.



52.



53.



54.

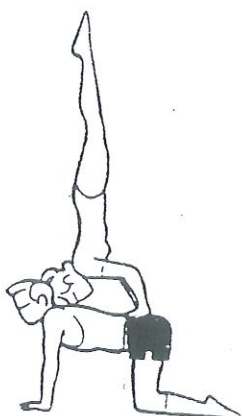


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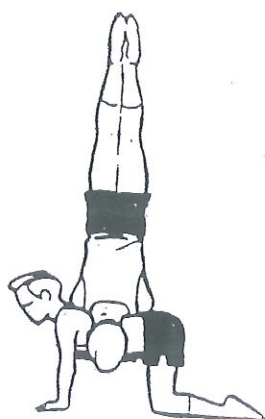


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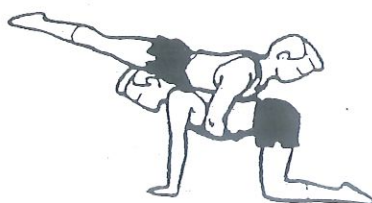
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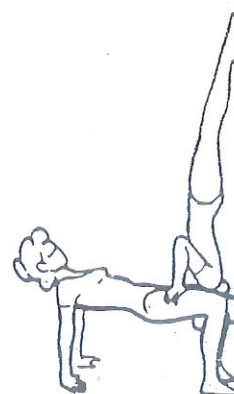
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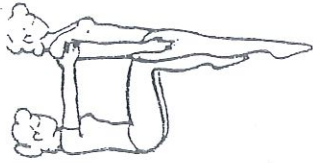


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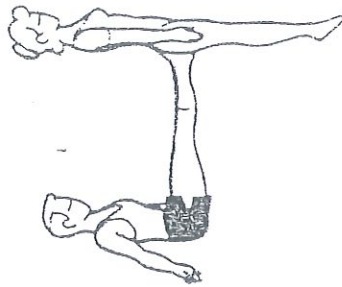


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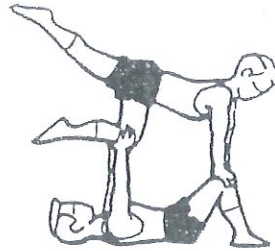
intermediate cont.



36.



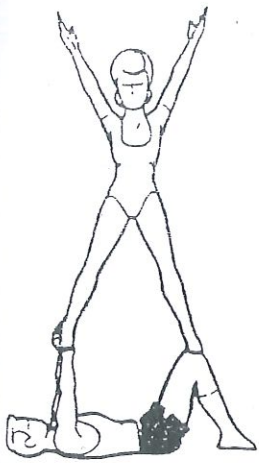
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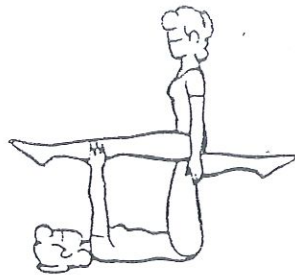
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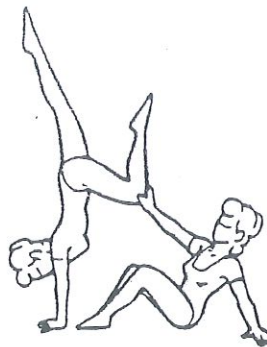
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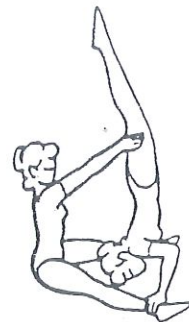
40.



41.



42.



43.



44.



45.



46.

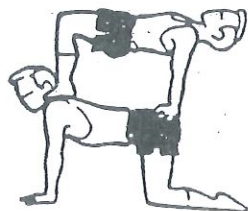


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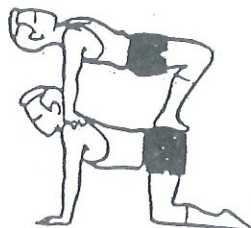


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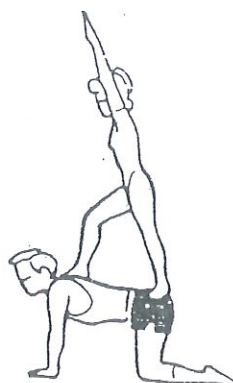
Intermediate



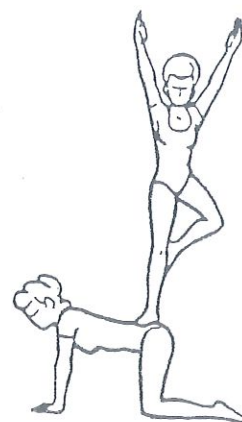
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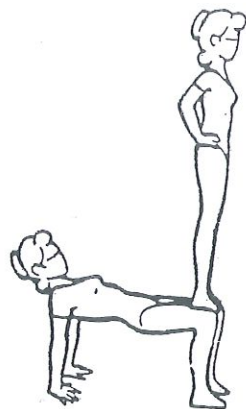
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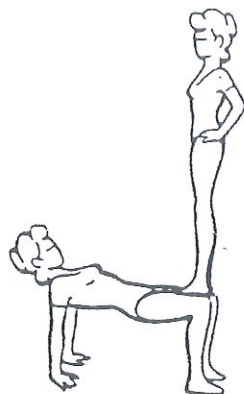
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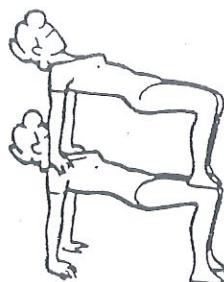
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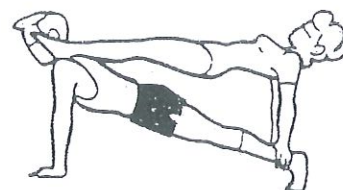
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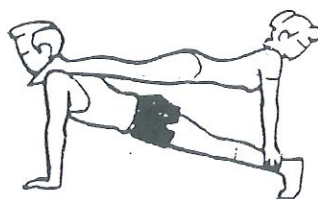
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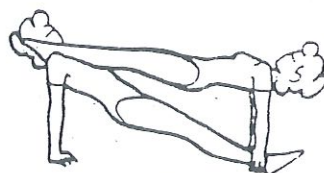
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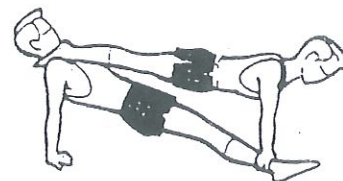
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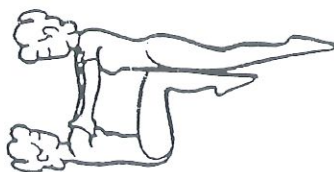
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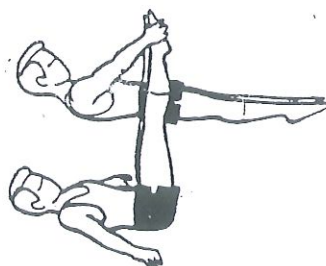
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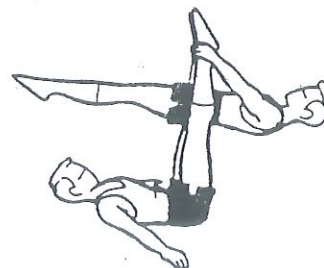
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33.

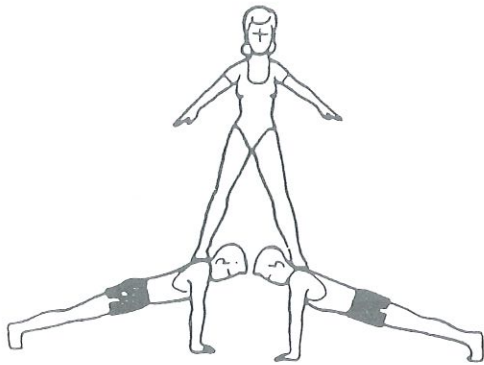


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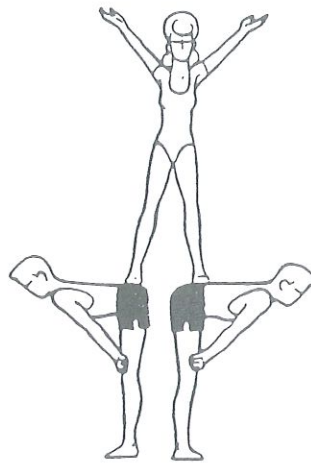


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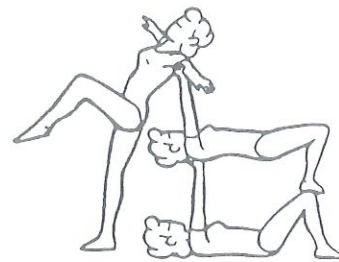
Intermediate



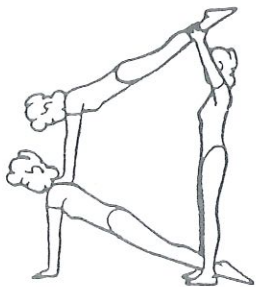
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11.



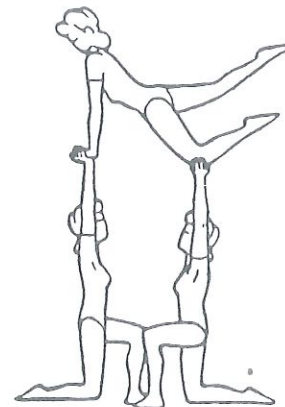
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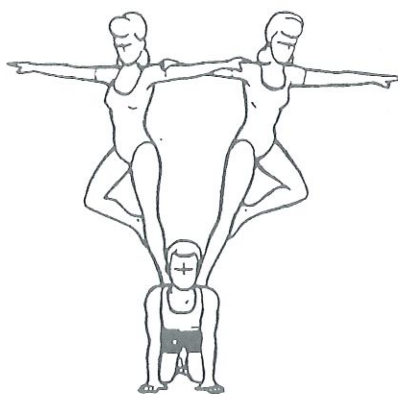
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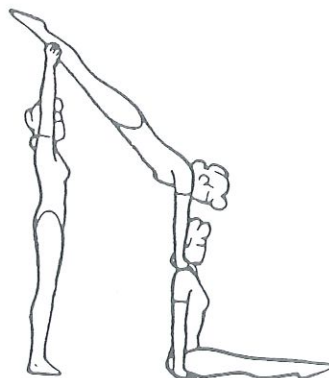
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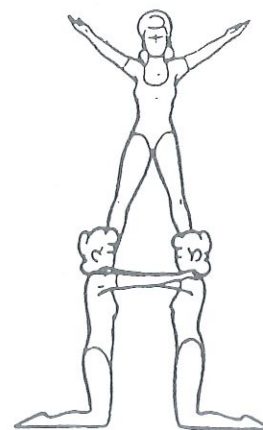
15.



16.

























17.



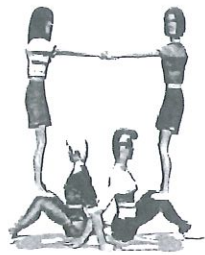
18.

3 Tallen

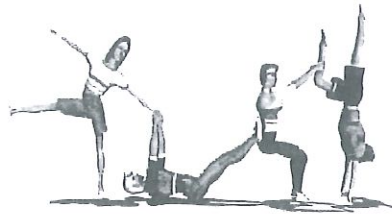
 <p>1 point</p>	 <p>1 point</p>	 <p>1 point</p>	 <p>2 points</p>
 <p>2 points</p>	 <p>2 points</p>	 <p>2 points</p>	 <p>3 points</p>
			
			
			
			

4 Tallen

X1



X2



X3



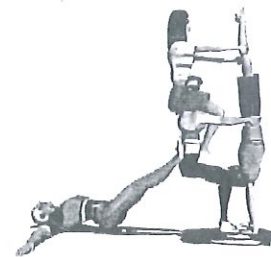
X4



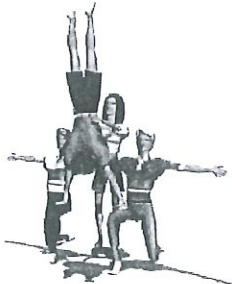
X5



X6



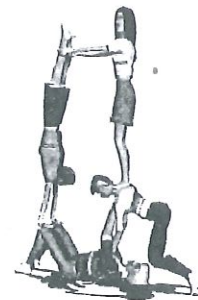
X7



X8



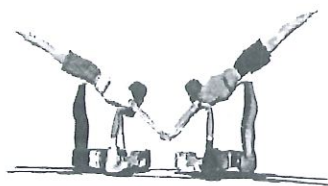
X9



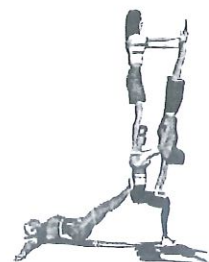
X10



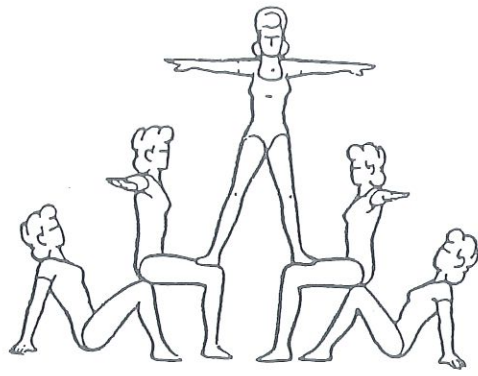
X11



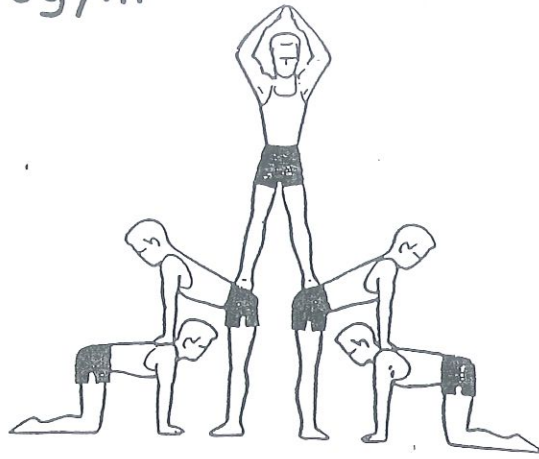
X12



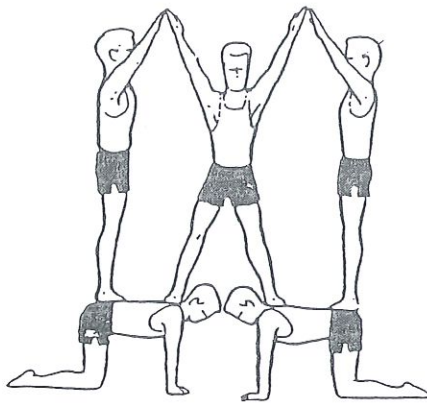
Acrogym



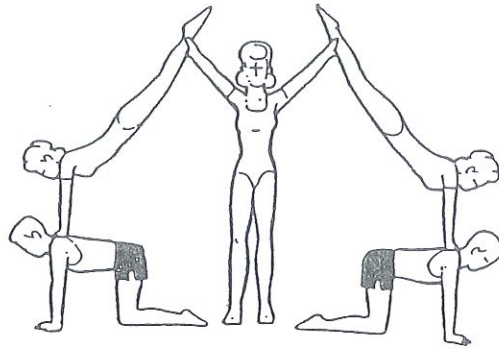
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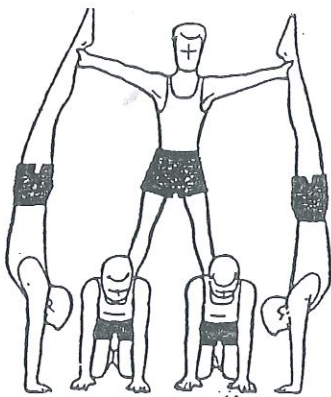
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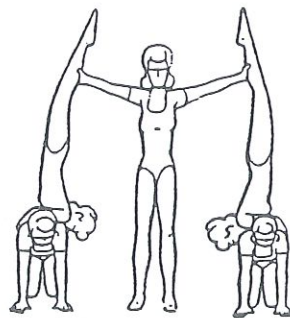
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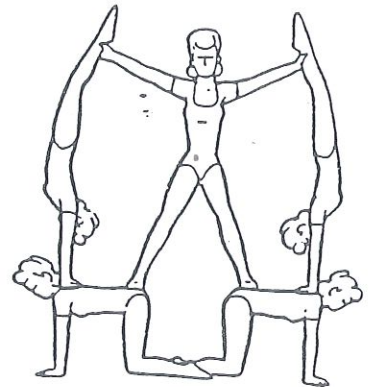
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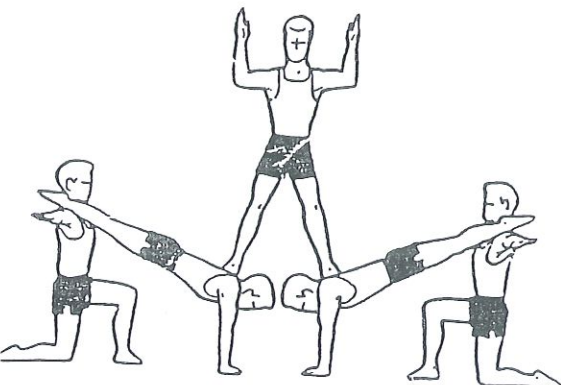
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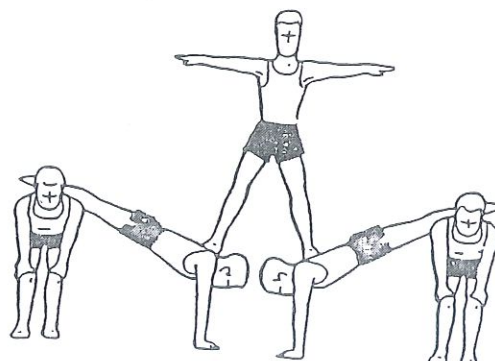
6.



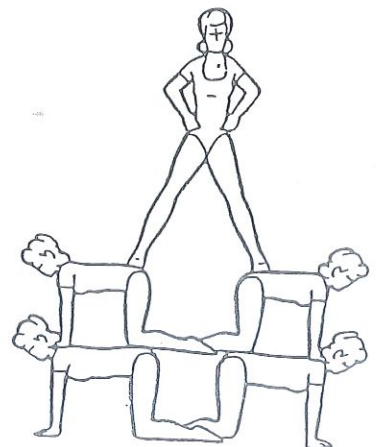
7.



9.



10.



11.