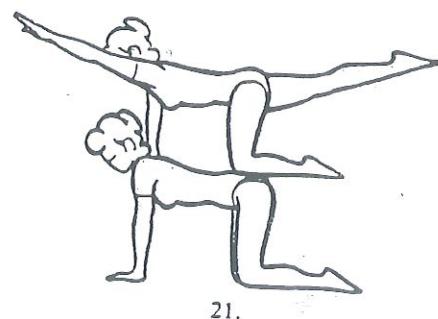
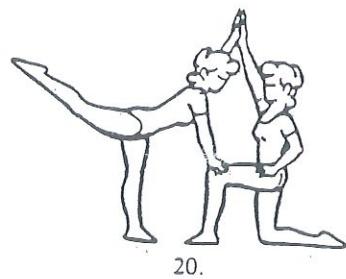
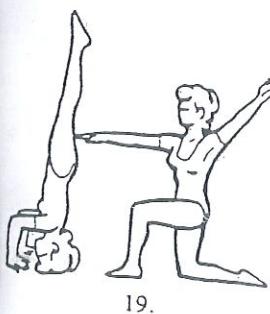
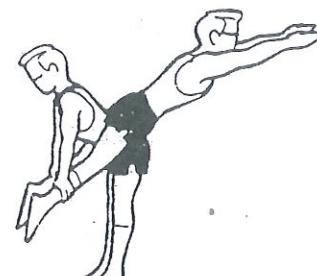
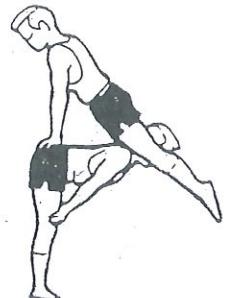
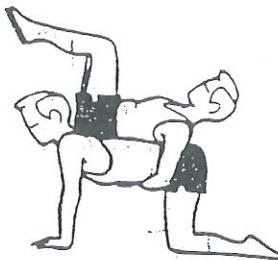
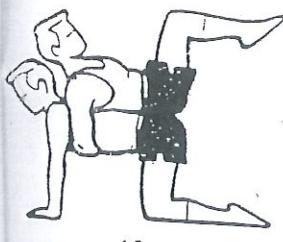
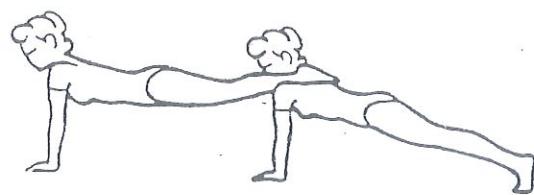
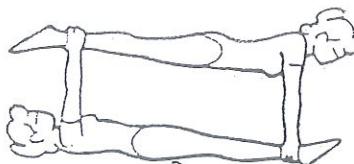
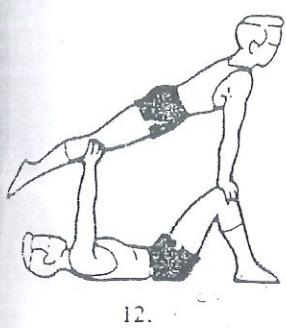
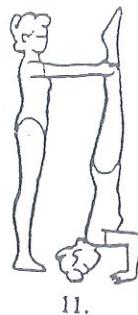
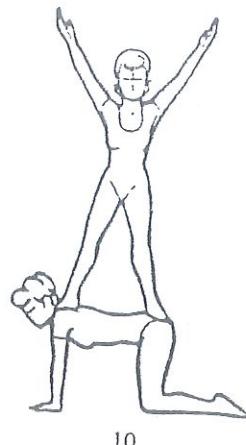
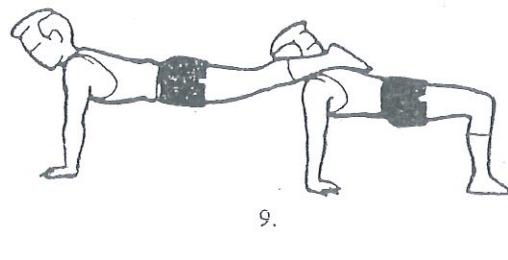
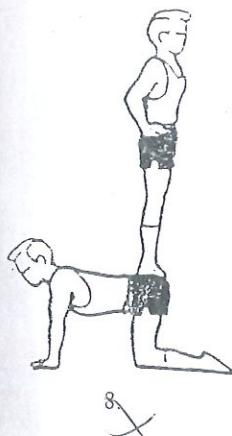
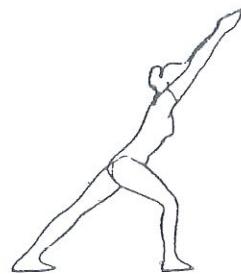


Beginner cont.



Intermediate cont.

Front lunge



Head balance



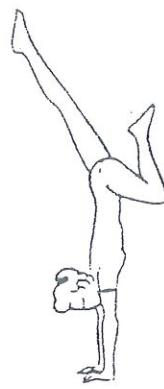
Stag head balance

Advanced

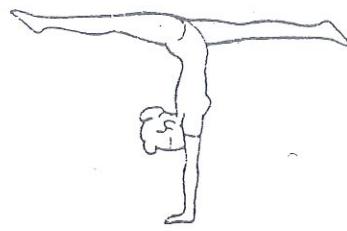
Forearm balance



Hand balance



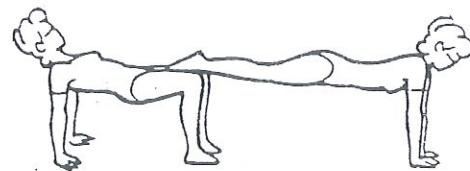
Stag hand balance



Split hand balance

**Double Balances**Beginner

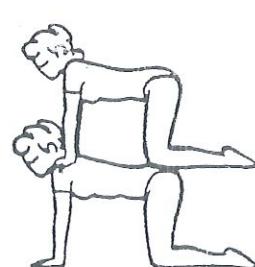
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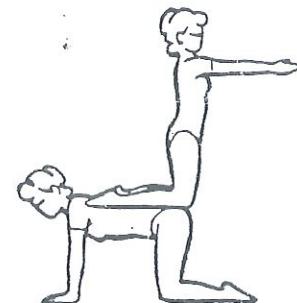
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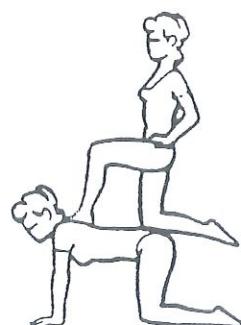
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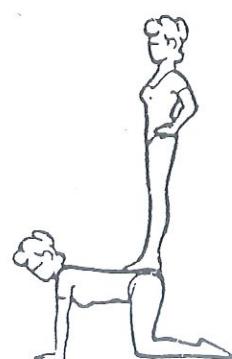
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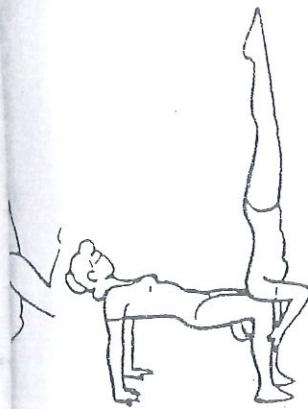


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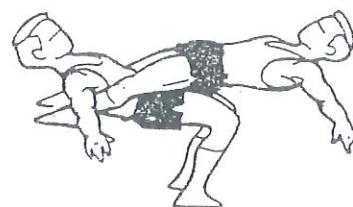


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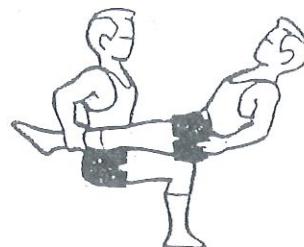
Advanced cont.



61.



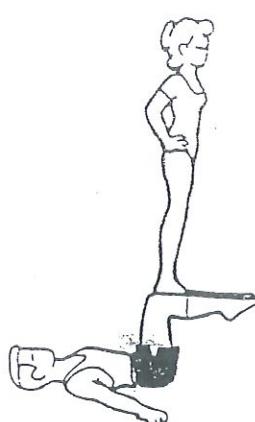
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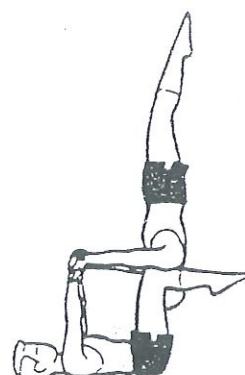
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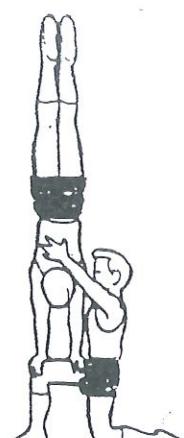
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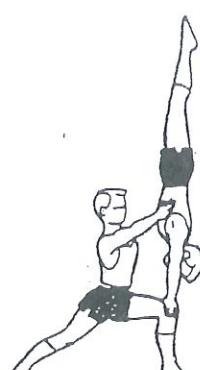
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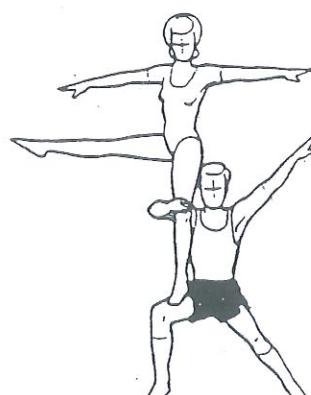
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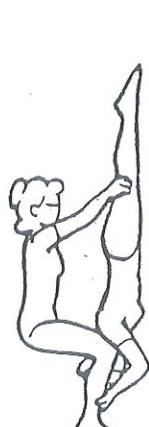
69.



70.



71.



72.



73.

34 △ Creating Gymnastic Pyramids and Balances

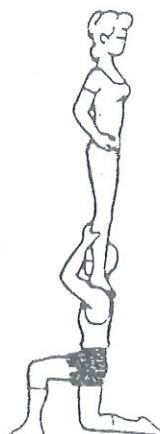
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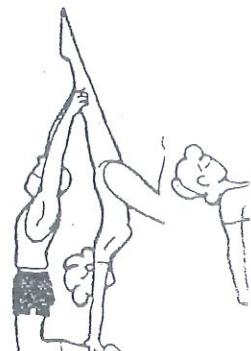
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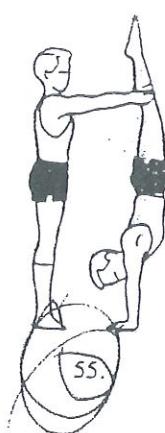
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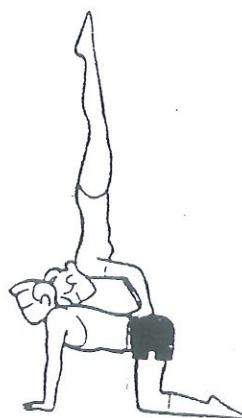


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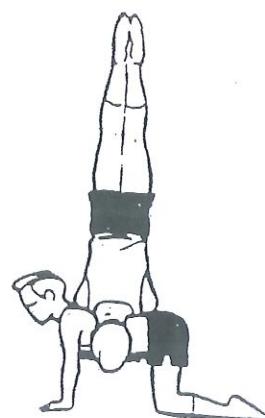


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Advanced



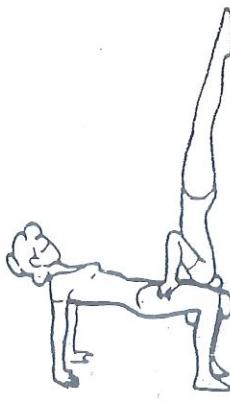
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58.



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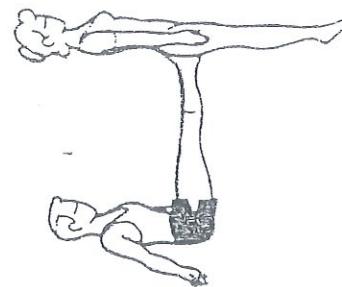
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advance

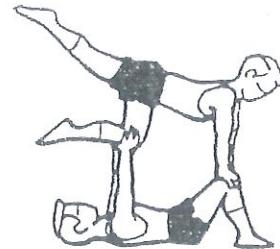
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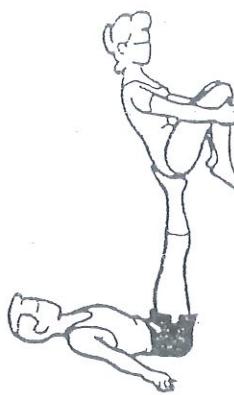
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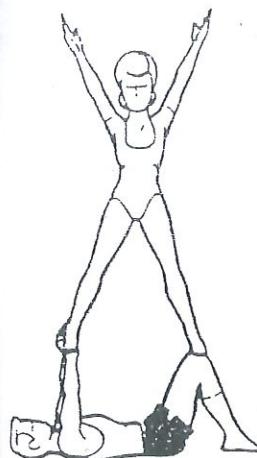
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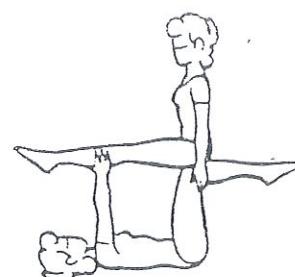
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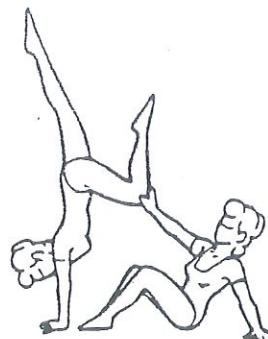
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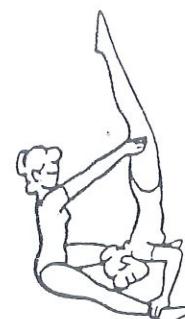
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41.



42.



43.



44.



45.



46.

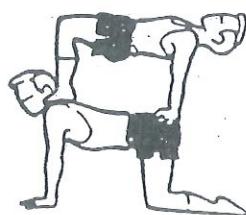


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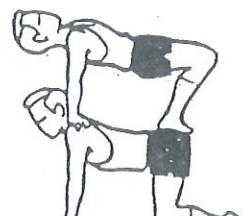


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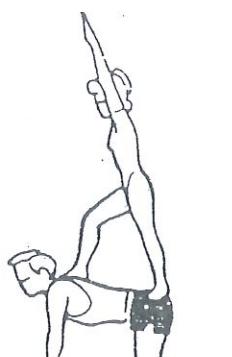
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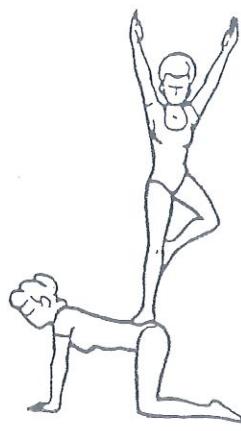
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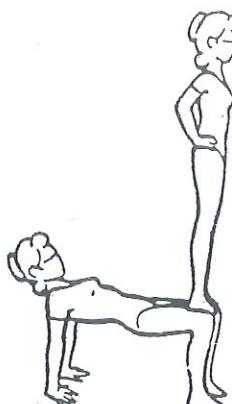
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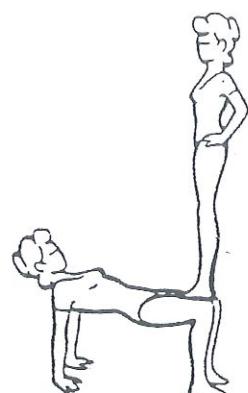
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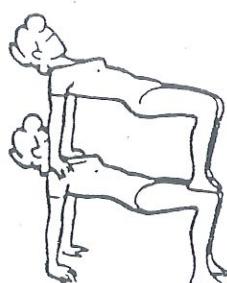
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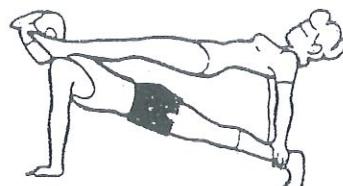
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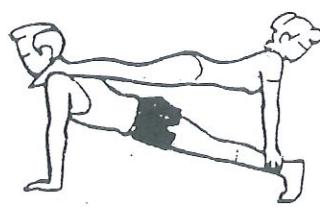
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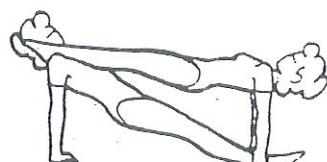
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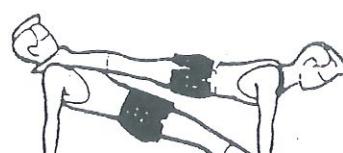
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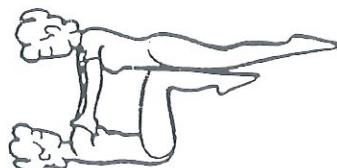
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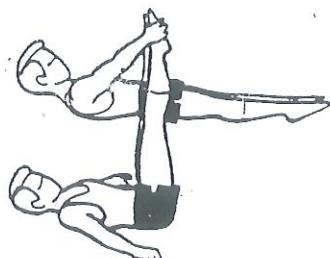
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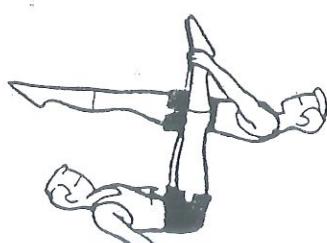
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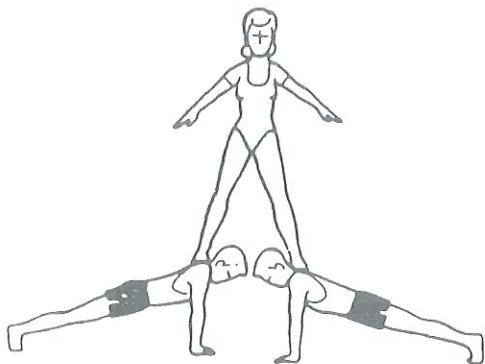


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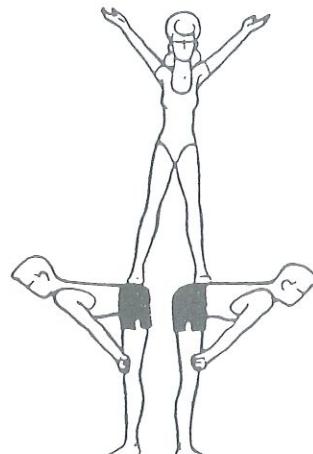


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Intermediate



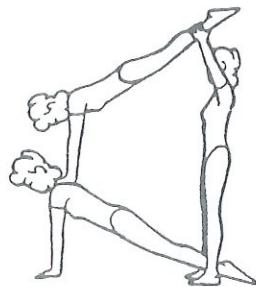
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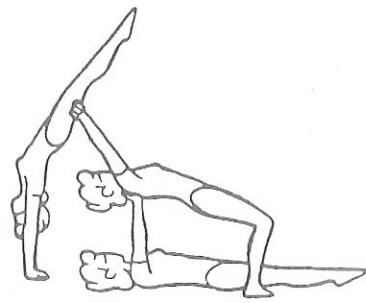
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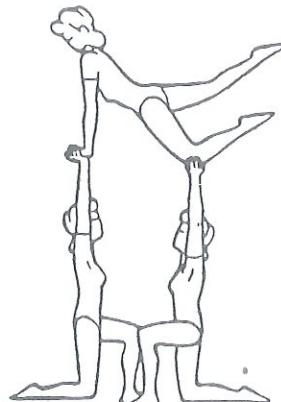
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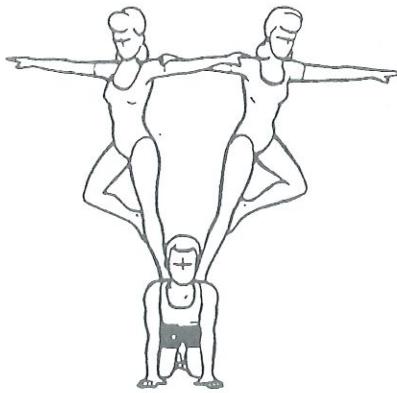
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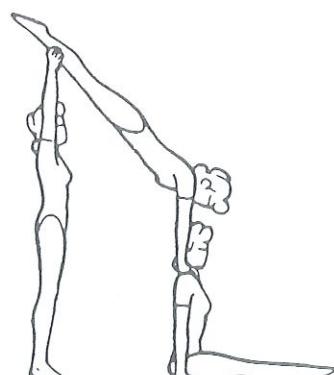
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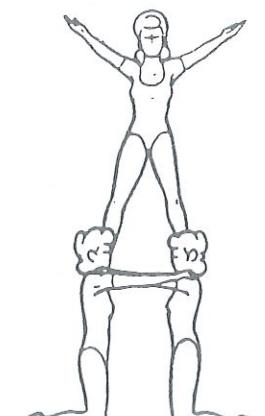
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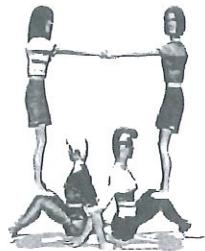
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### 3 Tallen

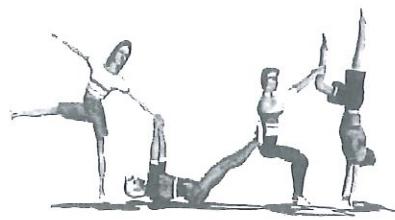
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#### 4 Tallen

X1



X2



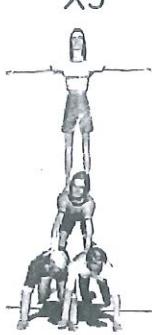
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X4



X5



X6



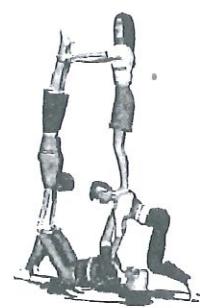
X7



X8



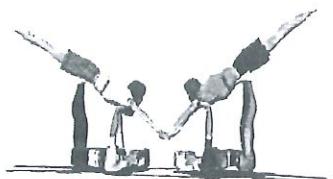
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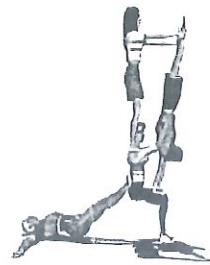
X10



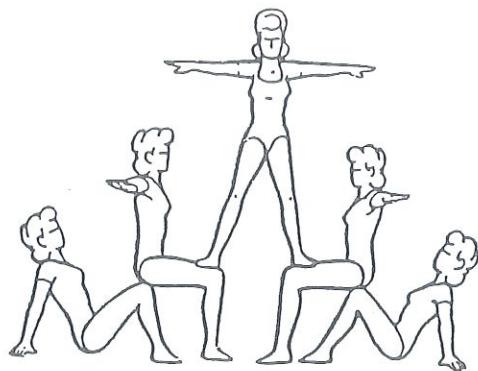
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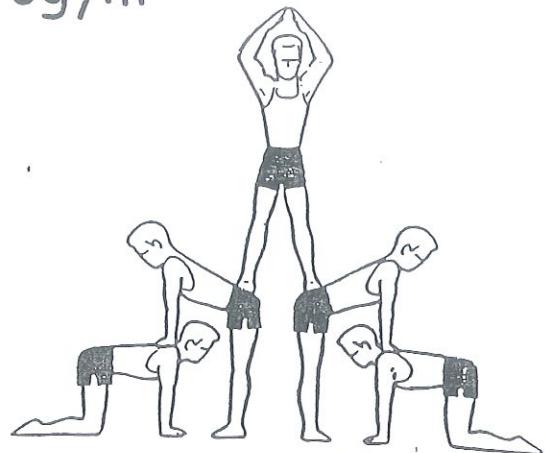
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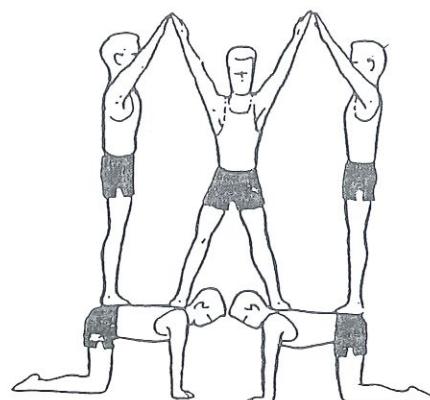
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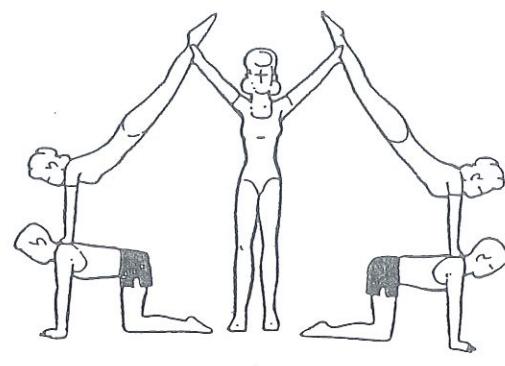
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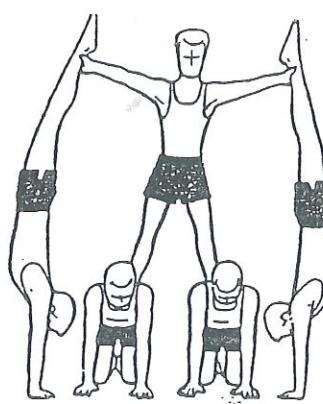
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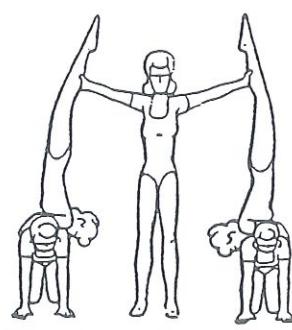
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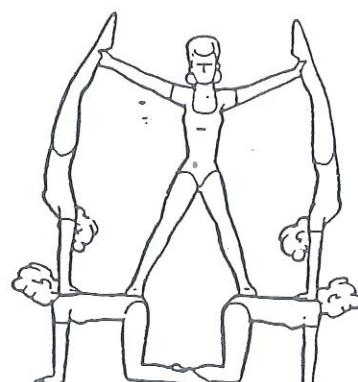
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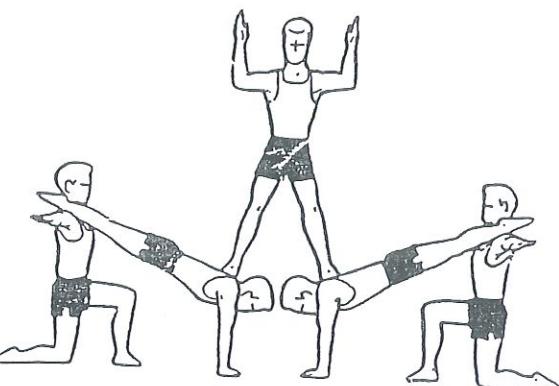
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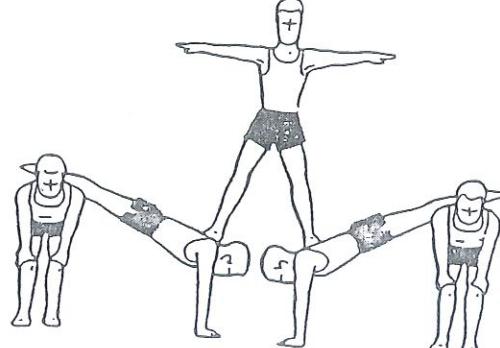
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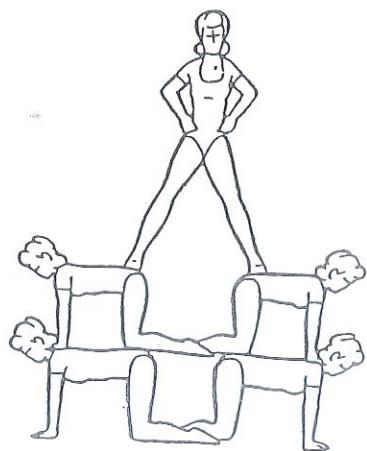
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9.



10.



11.