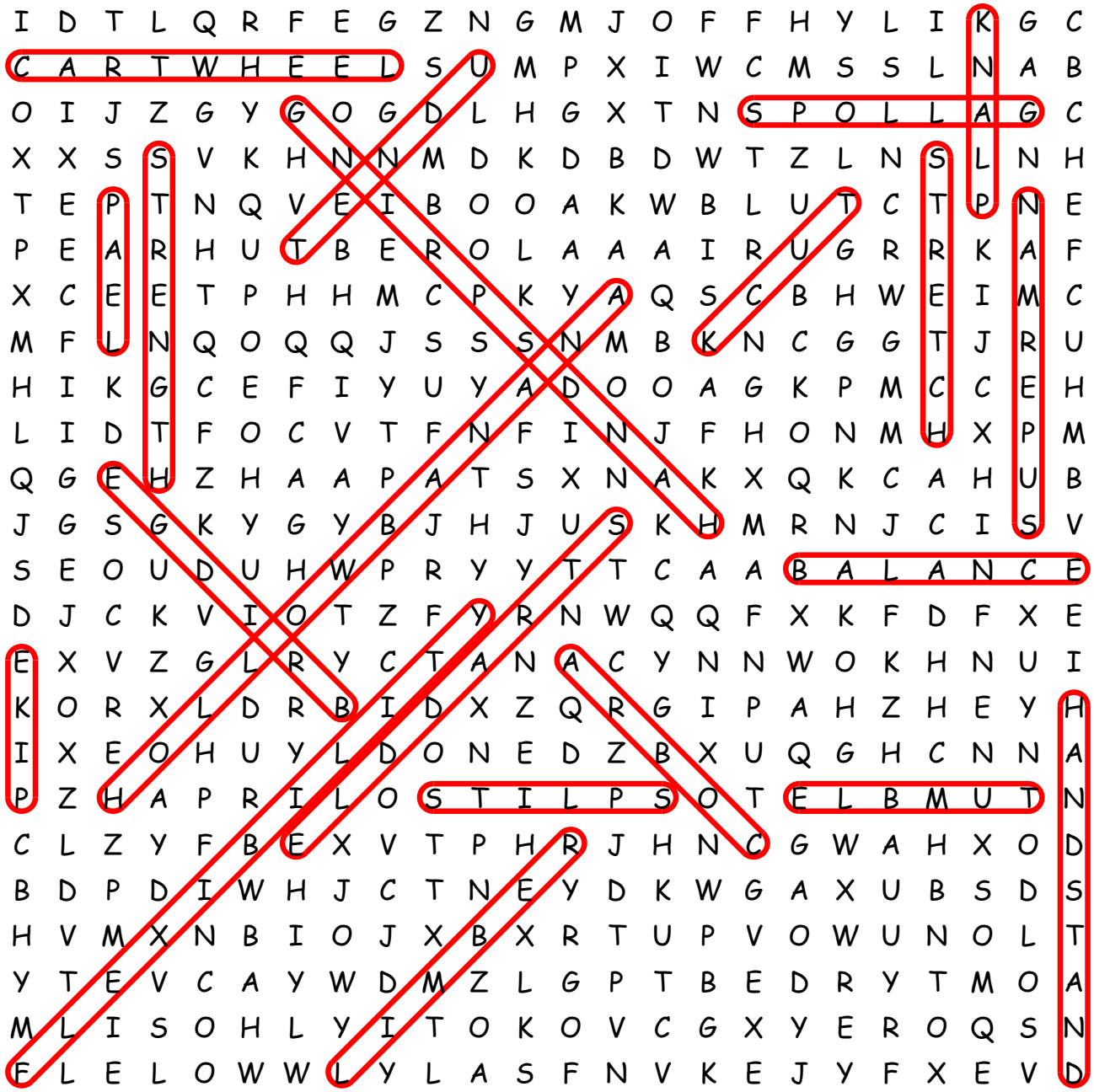
Name: _____

Acrobatic workshop



hollowbanana
cartwheel
stretch
splits
plank
pike
flexibility
superman
gallops
limber
cobra
handspring
strength
balance
bridge
leap
handstand
straddle
tumble
tendu
tuck