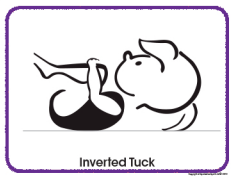
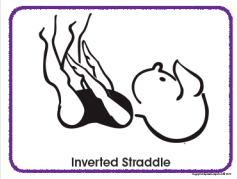
Backward Roll
Positions, Progressions & Skills

2

Inverted Tuck

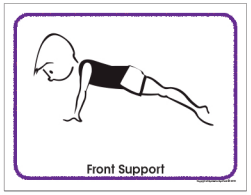
3

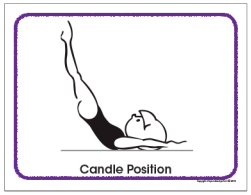
Inverted Pike

4

Inverted Straddle

5

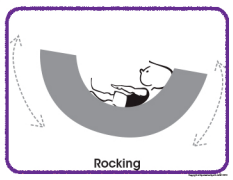
Rocking With Hands Behind Head

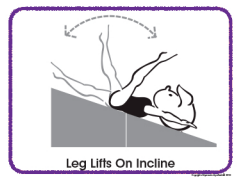
6

Front Support

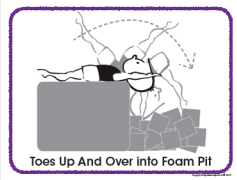
7

Candle Position

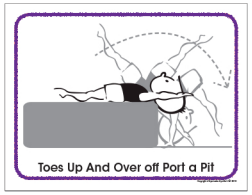
8

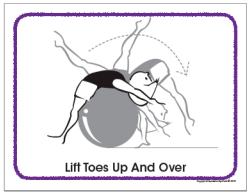
Hollow Body Rocking

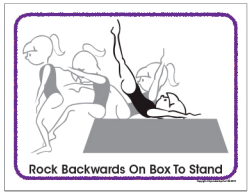
9

Rocking

10

Leg Lifts On Incline

11

Toes Up And Over into Foam Pit

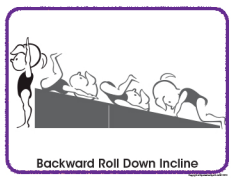
12

Toes Up And Over off Port a Pit

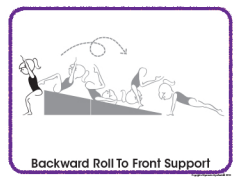
13

Lift Toes Up And Over

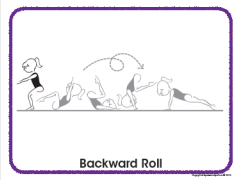
14

Rock Backwards On Box To Stand

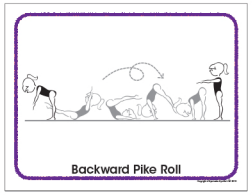
15

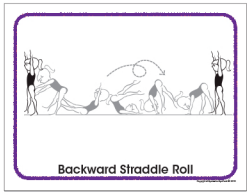
Rock Backwards To Candle

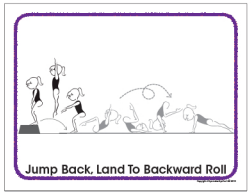
16

Backward Roll Down Incline

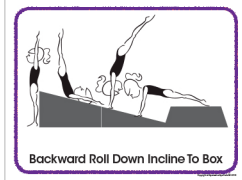
17

Backward Roll To Front Support

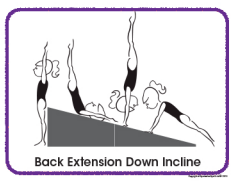
18

Backward Roll

19

Backward Pike Roll

20

Backward Straddle Roll

21

Jump Back, Land To Backward Roll

22

Backward Roll Down Incline To Box

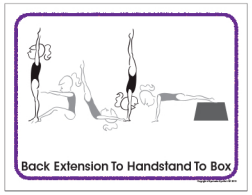
23

Back Extension Down Incline

24

Back Extension To Handstand

25

Back Extension To Handstand Against Wall/Mat

26

Back Extension To Handstand To Box

27

Back Drop, Pullover To Hand Knee Drop

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