**ACRO GYM Tutorials**

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| https://chart.googleapis.com/chart?cht=qr&chl=http%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DQ4SB4KqxpkQ%26feature%3Dplayer_embedded&chs=150x150&choe=UTF-8&chld=L|0 |  | https://chart.googleapis.com/chart?cht=qr&chl=http%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DgbCpMmoNOwY%26feature%3Dplayer_embedded&chs=150x150&choe=UTF-8&chld=L|0 |
| Cartwheel to handstand on knees |  | Back Pike Overhead |
| http://www.youtube.com/watch?v=Q4SB4KqxpkQ&feature=player\_embedded |  | <http://www.youtube.com/watch?v=gbCpMmoNOwY&feature=player_embedded> |
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| https://chart.googleapis.com/chart?cht=qr&chl=http%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DXmEjpzdujjo&chs=150x150&choe=UTF-8&chld=L|0 |  | https://chart.googleapis.com/chart?cht=qr&chl=http%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3D6utx0D2gecc%26feature%3Dplayer_embedded&chs=150x150&choe=UTF-8&chld=L|0 |
| Front Bird Support |  | Candle Stick Handstand |
| http://www.youtube.com/watch?v=XmEjpzdujjo |  | <http://www.youtube.com/watch?v=bPEwkVPlWSI&feature=player_embedded> |
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| https://chart.googleapis.com/chart?cht=qr&chl=http%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DhRWDsc0DfJM%26feature%3Dplayer_embedded&chs=150x150&choe=UTF-8&chld=L|0 |  | https://chart.googleapis.com/chart?cht=qr&chl=http%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DO7aT0CRdSVg%26feature%3Dplayer_embedded&chs=150x150&choe=UTF-8&chld=L|0 |
| Straight Boost Jump |  | Straight Jump off Knee |
| http://www.youtube.com/watch?v=hRWDsc0DfJM&feature=player\_embedded |  | <http://www.youtube.com/watch?v=O7aT0CRdSVg&feature=player_embedded> |
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| https://chart.googleapis.com/chart?cht=qr&chl=http%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3Dxjx0AcikRzc%26feature%3Dplayer_embedded&chs=150x150&choe=UTF-8&chld=L|0 |  | https://chart.googleapis.com/chart?cht=qr&chl=http%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DH4IaAAZlObk%26feature%3Dplayer_embedded&chs=150x150&choe=UTF-8&chld=L|0 |
| Climb onto shoulders and Sit |  | Front Bird Support |
| http://www.youtube.com/watch?v=xjx0AcikRzc&feature=player\_embedded |  | <http://www.youtube.com/watch?v=H4IaAAZlObk&feature=player_embedded> |