

Name: _____	INTERMEDIATE LYRA	DATE: _____	
FUNDAMENTALS			
Hollow body hang	10 seconds		
Beat to sit on bar		2	
Leg Beat Variations: Straddle, Stag		5	
Sitting pull ups		3	
Pullover with hip balance	5 seconds		
Look-see-sit			
Elbow hang (double)	with spin and orbit		
Inverted pull-ups		5	
SKILLS			
Intro Skills	Add Spin		
Gazelle			
2 single knee hangs	No hands		
Mermaid-arabesque			
1/2 Amazon			
Dragonfly			
Wineglass			
Coffin			
Gazelle split, gazelle to hip hang			
Lion	IS / OS		