



# Let's Tumble With Shrek

## Warm-Ups

Pike, Tuck, Straddles  
Ta-Da



## Skills

- 2's Sitting pike, tuck straddle  
Forward with incline with TA DA
- 3's Siting, standing, jumping pike, tuck, straddle  
Forward panel mat with TA DA
- 4's Siting, standing, jumping pike, tuck, straddle  
Forward panel mat with TA DA



## Cooldown

Pop Some Bubbles

