

KDA Beginner Tricking Program (Flip Day)			
Stage	Activity	Duration (seconds)	Reps
Warmup	Running	60	
	Jumping Jacks	60	
	Standard Pushups		10
	Situps		10
	Military Pushups		10
	Situps		10
	Wide Pushups		10
	Situps		10
Stretching	Standing Wide Legs Left	10	
	Standing Wide Legs Right	10	
	Standing Wide Legs Front	10	
	Standing Straight Legs	10	
	Squat Prayer	10	
	Frog Pose	10	
	Ankle Twists Left	5	
	Leg Huggers Left	5	
	Back Twist Left	5	
	Ankle Twists Right	5	
	Leg Huggers Right	5	
	Back Twist Right	5	
	Sitting Straight Leg Left	10	
	Sitting Straight Leg Left Side Lean	10	
	Sitting Straight Leg Left Back Lean	10	
	Sitting Straight Leg Right	10	
	Sitting Straight Leg Right Side Lean	10	
	Sitting Straight Leg Right Back Lean	10	
	Sitting Straight Leg Both	10	
	Butterfly	10	
	Lunge Squat Left	10	
	Front Straight Angle Left	10	
	Back Ankle Grab Left	10	
	Left Split	10	
	Lunge Squat Right	10	
	Front Straight Angle Right	10	
	Back Ankle Grab Right	10	
	Right Split	10	
	Front Split	10	

Loosen Up	Front Stretch Kick Right		10
	Front Stretch Kick Left		10
	Front Pendulum Kick Right		10
	Front Pendulum Kick Left		10
	Front Arm Crossover Body Right	10	
	Front Arm Crossover Body Left	10	
	Behind the Back Arm Stretch Right	10	
	Behind the Back Arm Stretch Left	10	
	Front Wrist Bend Right	10	
	Front Wrist Bend Left	10	
	Back Wrist Bend Right	10	
	Back Wrist Bend Left	10	
Flipping	Double Leg Jumps		10
	Back Roll		10
	One Leg Jumps Right (J-step)		10
	One Leg Jumps Left (J-step)		10
	Scoot Left		10
	Scoot Right		10
	Handstands		10
	Cartwheels		10
	Left Hand Cartwheels		10
	Right Hand Cartwheels		10
	Round-off		10
	Aerials		10
Total:		460	220

Program Summary						
Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Kick-day	Active-Rest	Flip-day	Active-Rest	Combo Day	Weight Lift	Rest