

Name: _____	INTERMEDIATE TRAPEZE	DATE: _____
FUNDAMENTALS		
Hollow body hang	10 seconds	
Rope inversions, thread legs	2	
Leg Beat Variations: Straddle, Stag	5	
Sitting rope pull ups	3	
Pullover with hip balance	5 seconds	
Look-see-sit	2	
Elbow hang (double)	with spin and orbit	
Inverted pull-ups	5	
SKILLS (with spin)		
Intro Skills with Spin		
Gazelle split, gazelle, to candlestick		
2 single knee hangs	No hands	
Iron cross	5 seconds	
Ankle hang	10 seconds	
Mermaid-arabesque		
Angels		
1/2 Amazon		
Rope Leans		
1/2 Russian		