**Home Training Plan**

**Week 12**

**FLOOR**

**Theme:** Headstands/Handstands Approx. 20 mins

**Activities**: <https://youtu.be/7XAme86U1po>

**VAULT**

**Theme:** Vault Workout Approx. 20mins

**Activities:** <https://youtu.be/dWbYWcce2vk>

**BARS**

**Theme:** Intermediate Bar Workout Approx. 20 mins

**Activities:** <https://youtu.be/J-ML8V3rphQ>

**BEAM**

**Theme:** Zari Beam Session Approx. 20 mins

**Activities:** <https://www.youtube.com/playlist?list=PLOsDC1TFfOVumjMvXtieYA8nPofqJJ1dF>

Listen to the number of repetitions Zari suggests- do it that many times. If unsure to 10-20 repetitions 2 times through.