



"Your Ticket To All Things Performing Arts!"

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Acro Videos for At Home Dance

Beginner (Tumble Tots) Warm-Up -

<https://www.youtube.com/watch?v=eOqpspW7gdY&feature=youtu.be>

Intermediate (Acro 2+) Warm-Up -

https://www.youtube.com/watch?v=Y_tyJH7-RdM&feature=youtu.be

Advanced (Acro 4) Warm-Up -

<https://www.youtube.com/watch?v=mpU-eTWvOd8&feature=youtu.be>

Hip Flexibility (All Levels) -

<https://www.youtube.com/watch?v=vNfmwA8b6vs&feature=youtu.be>

Shoulder Flexibility (All Levels) -

<https://www.youtube.com/watch?v=218f0ZQwhZU&feature=youtu.be>

Bridge Flexibility (All Levels) -

<https://www.youtube.com/watch?v=MSRTCpRyDAA&feature=youtu.be>

Advanced Hip Flexibility (Acro 4) -

<https://www.youtube.com/watch?v=Bluklu0EbWo&feature=youtu.be>

Advanced Hip Flexibility (Acro 4) -

<https://www.youtube.com/watch?v=CKIR5nOGFOc&feature=youtu.be>

Bridge Technique (All Levels – Tumble Tots through 4) -

<https://www.youtube.com/watch?v=g7sYvBng0iY&feature=youtu.be>

Advanced Breathing Exercise (Acro 4) -

<https://www.youtube.com/watch?v=boN31xVgHP4>