

# Shapes and Balances



HALFWAY  
HANDSTAND



BROKEN  
CANDLESTICK



SPLIT  
STAND



THE PEG LEG



THE ANKLE  
HOLD



PLANK



SIDE  
PLANK



*V-Sit*



SUNSHINE



BRIDGE



TOE TOUCH



SITTING  
TOE TOUCH



CRISS CROSS  
APPLE SAUCE



WARRIOR



SIDEWAYS  
STRETCH



DAZZLER



LAZY  
TOE TOUCH



TOE POINTER



SPLIT



AIR CHAIR



*Straddle*



*Arch*



TRIPOD



CANDLESTICK



*Table*