

*each – do all on right side before switching to left side
*total – alternate between right & left

Hello Gymnasts!

In efforts to keep you active and in shape while you are at home we have provided some at-home conditioning & flexibility. Please make sure to ask your parents for permission if you need to use furniture or go outside for any of the exercises! If you have questions regarding any of the exercises you or your parents can contact us through email or social media and we will share a video to guide you. Please also follow our Facebook and Instagram pages for more ideas on how to stay active during this time off. Happy training and stay HEALTHY!

Day 1

Cardio: 30 Seconds of each exercise – 2 rounds

1. Run in Place
2. Jumping Jacks
3. High Knees
4. Butt Kicks
5. Burpees – No Pushup

Strength Set 1: 3 Rounds

1. Lateral Lunge – 12 each leg
2. Elbow in Pushups – 12 reps
3. V-ups – 20 reps

Strength Set 2: 3 Rounds

1. Sumo Squats (knees out!) – 20 reps
2. Handstand Shoulder Taps – 24 total
3. Superman Rocks – 20 reps

Flexibility: 1 minute each leg split and straddle split – 2 rounds

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Day 2

Cardio: Jump Rope – 2 rounds

1. 100 Feet Together
2. 50 Right Leg
3. 50 Left Leg
4. 20 Double Jumps

*You can pretend to use a rope if you don't have one

Strength Set 1: 3 Rounds

1. Reverse Lunge – 12 each leg
2. Push up with a pop – 8 reps
3. Floor Leg Lifts – 20 reps

Strength Set 2: 3 Rounds

1. Squat Jumps – 15 reps
2. Reverse Push Ups – 15 reps
3. Reverse Leg Lifts – 20 reps

*You can use your couch or bed for #2 & #3 – ask your parents first!

Flexibility: 2 Rounds

- 1 minute each - pike hold feet pointed and feet flexed
- Front to Back Leg Swings – 25 each leg
- Side to Side Leg Swings – 25 each leg

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Day 3

Cardio: 30 Secs of each exercise – 2 rounds

1. Run in place
2. Lateral Speed Skaters in place
3. High Knees
4. Butt Kicks
5. Candlestick Jumps

Strength Set 1: 3 Rounds

1. Hip Bridge – 20 reps
2. Feet Elevated Push Ups – 8 reps
3. Hollow Rockers – 30 reps

Strength Set 2: 3 Rounds

1. Split Squats – 12 each leg
2. Handstand Shoulder Shrugs – 20 reps
3. Single Leg V-ups – 30 total

Flexibility: 1 minute each leg over split and straddle over split – 2 rounds

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Day 4

Cardio: 10 Drive way, backyard, or treadmill SPRINTS - rest for 15 seconds in between sprints

*(Ask your parents where its best and safe at for you to do your sprints)

Strength set 1: 3 rounds

1. 30 tuck ups
2. 15 burpees with the push up
3. 30 power squats

Strength set 2: 3 rounds

1. Wall Handstand hold (30 seconds)
2. Plank Hold (30 seconds)
3. Mountain climbers (30 seconds)

Flexibility: Perform each flex movement for 1 min – 2 rounds

- Pike stretch
- Cat stretch
- Middle splits

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Day 5

Cardio: perform each exercise for 30 seconds – 3 Rounds

1. Burpees without the push up
2. Jumping Jacks
3. Frog Jumps

Strength set 1: 3 rounds

1. 5 Pistol single leg squats (R/L)
2. 10 Candle stick double jumps
3. 25 Slow and controlled squats

Strength set 2: 3 rounds

1. 50 Heel raises
2. 50 High Straight Jumps
3. 15 Straddle Bounce handstands

Flexibility: Perform each flex movement for 1 min - 2 rounds

- Wrist Tappers
- Toe Point
- Standing Pike Stretch

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Day 6

Cardio: 10 Drive way, backyard, or treadmill SPRINTS - rest for 15 seconds in between sprints

*(Ask your parents where its best and safe at for you to do your sprints)

Strength set 1: 3 rounds

1. 25 Full body sit ups
2. 35 hollow body flutter kicks
3. 45 Hand toe crunchers

Strength set 2: 3 rounds

1. 10 Triangle push ups
2. 24 Handstand shoulder tappers
3. 10 PERFECT burpees with the push up

Flexibility: Perform each flex movement for 1 min – 2 rounds

- Over splits: Right, Left, and Middle
- Toe point
- Froggy Stretch