

Advanced Rec. (Level 4) and Gold Class, Week #2 Home Workout

Warm-up & Stretches (15sec on each):

It's sunny this week, so let's go outside!

- Run around your yard or up and down your driveway 3 times
- Arm circles
- Torso twists
- Touch your toes
- Wrist stretches
- Cat stretch
- Seal stretch
- Butterfly; reach arms out straight in front of toes
- Pike stretch; belly to legs
- Straddle pancake stretch
- Middle splits
- Left Splits
- Right Splits
- Rainbow Bridge

If you have a large floor area (make sure there is ample matting or padding on the floor and that there is enough space; you can also go outside in the grass!):

Conditioning (go through list 2 times):

- 20 mountain climbers
- 10 frog jumps
- 10 elbow in push-ups
- 10 v-ups
- 20 sec hollow hold
- 10 burpees

Skills:

- T-lever, handstand, T-lever lunge; goal is to hold for 10 seconds
- Split balance handstand holds
- Handstand to lower to straddle hold
- Straddle press to handstand
- Fall lunge cartwheel; try both sides
- Power hurdle cart-off
- Power hurdle round-off
- Straight leg run to split leaps; make sure both legs stay straight, no developing your front leg!
- Back bend kick-over or back walk-over; both legs should stay straight, ribs in (Only if you feel confident in doing this by yourself!)
- Overflows; arms should stay straight and you should land in a push-up
 - If this is difficult for you, try to start on a mat and sit and roll that your hands reach for the floor (head will be on the mat still)
- Split jumps (goal is 180 degrees)
- Straddle jumps (goal is 180 degrees)

If you have a beam

(you can do all of this on the floor as well! When practicing handstands, they should have their wrists together as if they were on a beam):

Conditioning/shaping:

- 3 sets of 10 sec. holds: Sit in straddle and hold feet and bottom up off the ground and beam
- 30 sec hold: extended hollow plank; hands should reach out way in front with arms covering ears
- Complete 3 sets on each leg : 5 *front* high kicks on the same leg, in the same spot; end with a 5 sec hold in the air
- Complete 3 sets on each leg : 5 *back* high kicks on the same leg, in the same spot; end with a 5 sec hold in the air
- 2 times of 30 heel raises with a 30sec hold in releve at the end (hold weights if you have them)
- 5 sets of lift, lift, lift, heel snap turn sequences

Skills:

- 3 on each side of 'T' levers
- 3 on each side of needles
- Handstand holds (goal is 10 sec)

- Cartwheel to dismount handstand holds (goal is 10 sec for each)
- Cartwheel **TIP:** Make sure you never have more than two body parts on the beam at a time. Also look under your arm to watch your first foot land on the beam.
- Heal Snap turn, with step out to letter 'Y' point finish
- Straight jump, stretch jump combo
- Arabesque hop, hop, hold down the beam
- Arabesque, step leap

If you have a bar:

Conditioning:

- 10 chin-ups (have an adult help if needed)
- 10 pull-ups (have adult help if needed)
- place hand towel over bar and hold both ends with both hands to imitate a rope. Then hold chin to the right side of hands for 30sec, then to the left side for 30sec.
- 30 sec candle
- 15 sec stride hold with fingers forward
- 15 sec stride hold with fingers turned backwards
- 30 sec toe hang
- 7 forward rolls
- 10 hanging stalders (spiders)
- 30 sec front support hold
 - jump on to bar in front support with arms straight, ribs in chin neutral
 - Feet should be together and pulled forward so that you are in a pike position
- 10 toes to bar windshield wipers
- 10 pike ups; not throwing head back

Skills:

(ONLY practice these skills if your bar is secure, there is ample padding underneath it and not close to a wall or any other furniture.)

- 5 sets of 5 casts in a row
- 5 sets of cast back hip circle (land with feet behind bar)
- Hollow glide, to punch straight leg pullover, to cast back hip circle
- 5 sets of cutting your leg forward and then backwards
- Single leg shoot through to stride hold