

Advanced/ Gold, Week #3 Home Workout

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

- High Knees
- Jumping jacks; keeping legs straight
- Burpees
- Arm circles
- Torso twists
- Touch your toes
- Windmills
- Arms through legs and swing back up
- 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
- Lay on your back and pull one leg down to your chest (pull for 5 sec, 5 times on each leg)
 - BOTH legs must stay straight and pointed
 - Head and back should be flat on ground
 - Hips should stay square, so bottom leg should stay flat on ground and top leg should stay over your shoulder; NOT to the side
 - Place hands on your foot or ankle; NOT your knee
 - Bend arms to pull leg closer
- Sit on hands and knees and back kick on leg 5 times on each leg (make sure to start out slower, so you don't pull your neck too much)
 - Chin will lift slightly
 - back will arch slightly
 - focus on keeping your back leg straight
- Rainbow Bridge

Vault practice without the equipment:

Running Drills (Complete these across your yard, down your driveway, or maybe in a hallway)

- Do 10 of these: Pop up off the floor and fast feet for 10 seconds
- 10 Sets of sprinting
- Single leg runs, keeping your bottom leg straight. (Both legs)
- Single leg runs, tucking your bottom leg each time (Both legs)
- High knee runs
- Bun kickers
- Extended leg runs (the awkward kicking one ;))
- 2 sets of Pencil punches
- 2 sets of Bounding jumps

Vault Circuit (complete 2 times through)

- 5 sets of Handstand hop to handstand hold for 5 sec (elbows must stay straight)
- 10 Arch rocks
- 10 arm lifts. Lay on belly and only lift your arms; keeping your chin on the ground
- 10 sec slanted handstand hold with thighs on couch or a high beam or feet on wall
- 10 Step hops (working on your arm timing and straight leg punch).

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 pike push-ups (for head goes between your hands, be on your tippy toes)
- 30 sec pike handstand, with feet on chair or couch. Hips and shoulders should line up over wrists.
- 10 v-ups
- 20 single leg v-ups
- 30 sec hollow hold, lay on back and arms behind ears
- 20 sec wall handstand with belly on wall, make sure shoulders are pressed high in ears!

Skills:

- Handstand hold; goal is 1 minute!
- Straddle press to handstand; you can practice while leaning against a wall and then practice out on the floor. Have a parent help spot you if needed!
- Cartwheels on both sides
- Power hurdle cart-offs, land with scooping your second foot to be right next to your first foot, land in a **straight** line!
- Power hurdle round-offs, making sure you shift your weight onto both hands, you scoop your feet and stay in a **long, straight** line!
- Split jumps (goal is 180 degrees)
- Straddle jumps (goal is 180 degrees)
- Front limber (Handstand and lower feet to the ground in a bridge, then quickly stand up) You might need parent to help stand back up at first!
- Bridge kickover with legs staying straight (have your parent help pause you in the split part to make sure your ribs are in and your legs are straight)
- Tic-tocks (Make sure to hit a straight body handstand, then land in bridge without moving your shoulders backwards, then kick back over with straight legs)
- Straight leg run to split leap
- Chasse, split leap
- Half toe turns
- Over lows

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. You can also make a straight line with duct tape on the grass, chalk or folding a towel burrito style to be 4-6inches wide):

Conditioning/shaping:

- 3 sets of 10 sec. holds: Sit in straddle and hold feet and bottom up off the ground and beam
- 2 sets of 30 sec hold: extended hollow plank; hands should reach out way in front with arms covering ears
- Complete 3 sets on each leg (wear ankle weights if you have them) : 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 (wear ankle weights if you have them) : 5 *back* high kicks on the same leg, in the same spot; end with a 5 sec hold in the air
- Needle kicks on both legs; hands on beam and complete 5 kicks, with a 5 sec hold on the last one
- 2 times of 30 heel raises with a 30sec hold in releve at the end (hold weights if you have them or wear ankle weights)
- 5 sets of lift, lift, lift, heel snap turn sequences in a row with out stepping out
- Handstand walk down beam with an adult helping spot you; hold a 10sec handstand before you step out to a lunge finish
 - Walk forward
 - Walk backwards
 - Walk left
 - Walk right

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, have a parent help balance you (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.
- Heel snap turn, step out to letter 'Y' point finish (Make sure heel lifts and lowers, while supporting leg stays straight)
- Straight jump, stretch jump (feet should point and legs be straight in air, but land with bent knees)
- Arabesque hop, hop, hold down the beam
- Arabesque, step leap

If you DON'T have a bar:

- Candle lifting and lowering 10 times: lay on back and hold bottom of couch, pull legs and hips up to a straight candle shape. Then lower straight body close to ground without touching your hips to the floor. Then pull straight body back up; you should not pike at all.
- 30 sec Hold hollow plank with feet elevated up on chair or couch
- 20 chair chin-ups and 20 chair pull-ups : Lay under a 4 legged chair and grab seat to imitate a chin-up and pull-up on a bar
- 25 Couch pike-ups: Lay on back with hands grabbing the bottom of the couch; arms straight. Lift straight legs up to face and back down without touching your feet to the ground.
- 30 sec pike hold in between 2 sturdy chairs or 2 mats of the same size.
- 20 dips with hands on edge of mat or chair
- 20 elbow in pushups
- 30 sec hollow body rocks on your back, reaching arms backwards over ears
- Hold front support shape on counter, then shrug shoulders up and down 20 times. Make sure to keep ribs in the entire time!

If you have a bar:

Conditioning:

- 10 chin-ups
- 10 pull-ups
- 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.
- 10 half pike-ups (Do not throw your head back, legs will lift from your belly button height to bar)
- 10 sec candle (May need parent to help push on your shoulders)
- Candle lifting and lowering 10 times: lay on back and hold bottom of couch, pull legs and hips up to a straight candle shape. Then lower straight body close to ground without touching your hips to the floor. Then pull straight body back up; you should not pike at all.
- 30 sec hollow body rock, arms extended behind you
- 30 sec toe hang on bar
- 10 full pike ups (Do not throw your head back)
- 10 forward rolls (legs stay in pike)
- 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 windshield wipers with legs out in front of your belly button

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 3 casts in a row; arms must stay straight and feet together, ribs in
- 5 sets of straight arm, cast back hip circles (land with feet behind bar)

- Cast back hip circle, under shoot dismount (Make sure to pass through candle in the dismount and to stick your landing)
- Jump hollow glide, punch to pullover (Legs should stay straight and together the entire time)
- 15 sec stride hold with fingers facing forward (Front foot should be higher than bar)
- 15 sec stride hold with fingers facing backwards (Front foot should be higher than bar)
- Cut leg forward and backwards 3 times in a row
- Cast single leg shoot through, hold stride for 3 seconds before cutting your leg back around
- Front hip circles, if you can do them on your own