

<b>Warm up</b>
<i>Go 2 times through</i>
15 jumping jacks
30 second jog
15 frog jumps
30 second jog
10 burpees (no push up)
<b>Stretches</b>
<i>spend at least 30 seconds on each stretch</i>
arm circles
crisscross & twist
standing straddle, hold hands behind back, tip forward to stretch back of legs, shoulders, and back
toes & ankles
wrists (on hands & knees)
cat
seal
butterfly ( <i>reach arms forward, belly to feet</i> )
seated pike ( <i>chest/stomach to legs</i> )
straddle: both arms to right
straddle: both arms to left
straddle: pancake
straddle: up & over to right ( <i>right arm down, left arm high crown</i> )
straddle: up & over to left ( <i>left arm down, right arm high crown</i> )
straddle: pancake
split prep: right leg kneeling lung ( <i>push hips down &amp; forward</i> )
split prep: right leg straight ( <i>square hips &amp; lay chest on <u>straight front leg</u></i> )
split: right leg
<u>Things to look for:</u> <i>straight legs, toes pointed, back knee tucked under--balance in crown/T OR hands should be on ground behind hips, so chest is up</i>
split prep: left leg kneeling lung ( <i>push hips down &amp; forward</i> )
split prep: left leg straight ( <i>square hips &amp; lay chest on <u>straight front leg</u></i> )
split: left leg
<u>Things to look for:</u> <i>straight legs, toes pointed, back knee tucked under--balance in crown/T OR hands should be on ground behind hips, so chest is up</i>
split prep: left leg kneeling, right leg straight to side ( <i>half middle split</i> )
split prep: right leg kneeling, left leg straight to side ( <i>half middle split</i> )
split: middle
<u>Things to look for:</u> <i>legs straight, hips in line with ankles, toes pointed--can be on hands or elbows</i>
rainbow bridge

**Floor: Handstands**

Skills should be performed in the order that they are listed as they build on each other. As you go from the first skill listed to the next (and so on down the list) try to remember all the “Things to look for” as they will help you perform each skill correctly in regard to shaping and positioning. Find an area that’s pretty open so you won’t kick or break anything (including yourself)! You can always set up some pillows around you for safety. If it’s nice outside you could even practice in the yard!

**lunge, T lever, lunge (3 second hold for each part)**

Things to look for: *shoulders to ears, looking toward hands, back leg stays straight, toes pointed, balance without wobbles, solid landing*

**lunge, T lever, full handstand**

Things to think about: *if you’re falling into a bridge (especially right away), make sure you are squeezing your muscles as hard as you can, especially your stomach and your booty. The goal is to hold a handstand for 5 seconds by yourself, landing back in a solid lunge.*

**lunge, T lever, split balance handstand**

*In a split balance handstand, you want to make sure you’re not letting your back arch just to get a bigger split (practicing your over splits will help you hold a bigger split). Split balance handstands show up in a lot of skills we do so it’s great to practice them on their own so you know what they should feel like later!*

**30 second handstand hold: back against wall**

Things to look for: *finger tips close to the wall, hands in line with shoulders (not too far apart, not too close together), arms straight, shoulders pressed to ears, looking toward hands, ribs pulled in so your back is flat against the wall (no arch), booty squeezed tight & hips flat (no pike), legs straight & squeezed together, toes pointed.*

**30 second handstand hold: stomach against wall**

Start with hands farther away and walk your feet up the wall or if you have enough space try cartwheeling into it! Walk your hands as close to the wall as you can without falling over. If you’re not all the way up against the wall you won’t be in a vertical handstand, but slanted handstands are great practice too! ( | vs / or \ )

Things to look for: *hands in line with shoulders (not too far apart, not too close together), arms straight, shoulders pressed to ears, looking toward hands, ribs pulled in so your back is flat (no arch), booty squeezed tight & hips flat (no pike), legs straight & squeezed together, toes pointed (can be flexed if you’re in a slanted handstand).*

**30 second straddle hold on ground**

*As always, straight legs and pointed toes!*

**straddle press handstand: jump feet**

*Start in a standing straddle stretch, plant your hands on the ground, jump your feet into handstand from the straddle shape (should straddle all the way up). Jumping your feet is a great way to understand the necessary movements though the ideal straddle press handstand does not involve jumping.*

**straddle press handstand**

This is a very difficult skill but is great for working on body control and strength. Don’t feel discourage if you can’t do it but don’t stop practicing because you will someday!!

*Start in a standing straddle stretch, plant your hands on the ground, slowly lift your feet off the ground and into a handstand from the straddle shape (should straddle all the way up).*

**Straight line Cartwheel**

You can place a piece of tape on the grass to create a straight line to work on; not inside your house!

**Bridge Kick-over**

Make sure both legs stay straight during the entire skill.

**Challenge:** Try to pause in the split balance part of the skill; make sure your ribs are pulled in!

## Vault: Sprinting

Since we can't actually vault right now, we're going to be working on a lot of the side drills we do during class! If you make sure to practice these to the best of your ability, when we're able to come back to the gym it'll be like we never missed anything—except maybe handstand flat backs 😊 If any of the movements seem confusing, I've included some [links](#) to YouTube videos to help (though these are all things we do in class so they should seem familiar).

For this you'll need a good amount of space so I would recommend going outside if you can! Since we like to run in a straight line for vault, you don't need a huge open field, just a straight distance you can do some running in.

### Running Drills

*30 seconds per drill (per side if single leg), 2 rounds*

**fast feet** (*running in place*)

**fast feet, high knees**

**fast feet, bottom kickers**

**one leg runs**

Things to think about: *bottom leg should push straight in the air & toes point, should be reaching forward to pull the ground back & propel you forwards*

**high skips**

Things to think about: *driving your opposite arm and opposite knee into the air, push off your bottom foot so your leg straightens & toes point*

**sprints**

*Set up a short distance (like our vault runway) and time yourself on some sprints! See if you can beat your own time!*

### Leg Strength

*2 rounds*

*skills indicated with an asterisk (\*) will require an elevated surface—try a chair, step, or bed! Just make sure if you jump on it, it won't wobble or fall!*

**Jump rope**

30 seconds right leg, only

30 seconds left leg, only

30 seconds both legs

**10 pistol squats per leg \***

*I call these "one leg sits" as we do them sitting onto a mat to help us work on our balance & focus on form*

<https://youtu.be/keSzg7MaoVQ>

**10 step ups per leg\***

<https://youtu.be/5qjqDHOUh-A>

**10 jump ups (box jumps) \***

<https://youtu.be/NBY9-kTuHEk>

**10 back foot elevated split squat jump per leg\***

<https://youtu.be/x1t-yfh8k0Y>

**10 back foot elevated split squat tuck jump per leg\***

*This is the same as the movement above but now you're trying to tuck your front leg up, which we need for our hurdle and punch on the spring board!*

**10 jump squats for height**

<https://youtu.be/QQWsscOgGkU>

## Beam: Presentation & Position Holds

Today for beam we're going to focus primarily on our presentation and position holds to strengthen our stabilizing muscles. I've listed all the holds we go through every day on beam with the words/phrases I say.

See if you can find a mirror to practice in front of so you can see what you look like! To make it feel more like a beam (if you don't have one) try to make a line with tape or string or just try to stay in one place as you go through the movements. Since today is just position holds you don't need very much space but like I said, if you can find a space with a mirror that's going to give you an added benefit since, we don't always get to use the mirrors during class! Don't forget to face forwards and sideways to see how your body position changes (usually without you realizing it)!

An important thing to remember about presentation is that your muscles should be squeezed tightly, if someone tried to move your arms out of the position, they shouldn't be able to. For example, if you're holding your arms in a T and someone tried to pull your arm down, your arms should be tight enough that they wouldn't move out of the T shape.

Try every arm position with flat feet the first time through then forced arch relevé!

### Champion

Think low crown behind the back

Think about: legs straight, weight in back foot, hips pulled under, ribs pulled in, back flat like you're up against a wall, chin tall & shoulders down so you have a long neck, chest/shoulders open & back, gymnastics hands

### Low Crown

Think about: arms have a soft bend to them like you're holding a beach ball, finger tips should be across from your belly button, gymnastics hands, body position does not change

### High Crown

Think about: arms have soft bend to them, fingers should be straight above the head or even pulled behind slightly, chin tall & shoulders low so neck is long, gymnastics hands, body position does not change

### Y Arms

Think about: palms facing away from each other, arms straight through pinky (no bend at wrist), gymnastics hands, chin tall & shoulders low so neck is long, body position does not change

### T Arms

Think about: arms lower to straight across, palms face backwards (thumbs are hidden from front view), gymnastics hands, shoulders low, chin tall, chest open, shoulder blades pulled together, arms straight out to sides with pinky finger the highest point, body position does not change

### Passé Hold

Think about: arms in low crown, bend one leg, toe touches knee of standing leg, bend knee should be straight across from hip (practice balance on both feet)

<https://youtu.be/Mv58Cpdm9Y>

This video shows hands on hips, but we practice arms in low crown.

### Passé Prep

Think about: one arm in low crown, one in T, T arm pulls into low crown to match other arm (practice both arms in both positions)

<https://youtu.be/bMx8NSOFwMA>

### Arabesque Hold

Think about: T arms, chest stays tall, balance on one straight leg, back leg is straight but lifted off ground, toes pointed

[https://youtu.be/I-ym\\_dC0Xlg](https://youtu.be/I-ym_dC0Xlg)

### Arabesque to Scale Hold

Think about: starting in an arabesque hold, chest slowly lowers as back leg continues to rise

<https://www.youtube.com/watch?v=eW1FO8Ao85g>

### Relevé Hold

Think about: legs straight, pushing up as high onto your toes as possible (forced arch), pull ankle bones together.

## Bars: Shapes

Since I think most of you do not have your own bars at home, I'll try to make workouts without bars but just know if you have a bar it would be a great time to practice correct form and shaping on some of the more basic skills we do in class. Many of these shapes are found throughout all of gymnastics so while I'll be focusing on how they impact our bars, practicing them correctly will help all of your gymnastics skills on all events! I'll list off a few of the most important shapes/holds for bars, talk about what they are used in, and then give some drills to practice!

To practice all these shapes, you'll need an open area where you won't kick or break anything (yourself included)! Carpet is great, solid floors are okay but be extra careful or put some pillows around you!

Try to go through the entire set of shapes at least two times! These shapes are the building blocks for everything we do on bars so they're super important moving forward!

### Hollow

*For bars, your hollow shape is found throughout the majority of the skills: hollow glide, casting, back hip circles, dismounts.*

**10 commando planks** per side, 20 total (I call these plank walks)

<https://youtu.be/k0hWrwkqzrY>

**5 slow motion push-ups** 10 seconds per push-up (5 lowering, 5 pushing up)

**30 second plank hold** (push-up shape)

**30 second hollow hold against wall**

*stand with feet about two feet away from wall, arms up by ears, ribs pulled in, squeeze booty, tip forward touch wall*

<https://youtu.be/BW2LU-9W51k>

### Arch

*For bars we don't use arch shapes all that often but what I want to work on with it today is feeling the difference between an arch and a hollow shape. One of the biggest errors made on bars is arching when you should be hollow (think casting and back hip circles, specifically).*

**10 arch to hollow hold**

*start in a push up shape but let your hips lower toward the floor, pulling your body into an arch shape then quickly pull your ribs in, round your shoulders and squeeze your bottom. This will pull you into a hollow shape, hold 10 seconds.*

**15 superwoman rocks**

*lay on stomach, legs tight, toes pointed, arms up to ears, lift arms and legs off ground, rock forwards and backwards*

**5 hollow to arch rolls**

*go nice and slow on these, the video goes quickly through them but try to pause in each old for a second or two*

<https://youtu.be/W6VUh9ig4ZU>

### Candle

*Candle shapes include a type of hollow shape in them so think about some of the shapes we held for hollow as we are doing candle shapes!*

**30 second candle hold** (arms in front)

*think about when we hold candle shapes on bars but now do it on the floor: lay on your back, arms are in front of you by hips (pretend you're holding a bar), looking toward your toes, shoulders rounded, feet should be lifted slightly off ground*

**30 second candle hold** (arms by ears)

*lay on your back, arms up by your ears, lift your toes to the ceiling: the goal is to stack your toes over your hips over your shoulders, squeeze your booty to avoid a pike*

### Stride Hold

*Stride holds are the starting AND ending positions of a Mill Circle and are important in being able to perform the skill property. I do not recommend doing Mill Circles by yourself at home unless you can do them on your own in class.*

**Conditioning and Stretching Cardio - 2 rounds**

25 jumping jacks

30 second jump rope

15 frog jumps

15 burpees (no push-ups)

30 second mountain climbers

(can use socks on a non-carpet floor to slide feet forward and backward)

**Conditioning – 2 rounds**

*Remember the quality of each skill is more important than the number you can do! I would rather have you do half the reps (5 instead of 10) or only go through 1 round as long as you're working your hardest to perform each skill with proper form.*

10 elbows in (triceps) push ups

10 wide arm push ups

10 sit ups

10 tuck-ins

10 v-ups

10 lunges per side

*Knee should not go past foot, should be stacked above ankle*

10 air squats

*Make sure knees to do not cave in toward each other, knees should follow straight over toes*

10 leg lifts

*Laying on back, start with legs straight up to the ceiling, back should be flat against the floor, slowly lower legs as close to the floor as you can without letting your back arch then bring them back up*

**Cool-Down Stretches**

*spend at least 30 seconds on each stretch. Take deep breathes and as you breathe out, relax your muscles and see if you can slide deeper into each stretch.*

seated pike (chest/stomach to legs)

straddle: pancake

over-split: right leg elevated (straight legs, toes pointed, back knee tucked under--balance in crown/T OR hands should be on ground behind hips, so chest is up)

over-split: left leg elevated (straight legs, toes pointed, back knee tucked under--balance in crown/T OR hands should be on ground behind hips, so chest is up)

over-split: middle right leg elevated (legs straight, hips in line with ankles, toes pointed--can be on hands or elbows)