

## Level 1 – Week 2 Home Workout (Refer to video on [nasagym.com](http://nasagym.com) for help with the break down of skills)

### Warm-up & Stretches (hold each stretch for 10sec):

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

- Run around your yard or up and down your driveway 3 times
- Bear runs around your yard or down your drive way
- arm circles forward or backwards
- Rock on hands to stretch wrists
- Cat stretch
- Seal stretch
- Butterfly stretch, put nose to toes.
- Pike sit with reaching hands to toes
- Straddle, reach hands out in front to try and flatten stomach to the ground to be as flat as a pancake
- Middle splits (make sure hips are in line with feet)
- Right split (try to keep chest up tall)
- Left splits (try to keep chest up tall)

### Conditioning:

- 20 mountain climbers
- 10 frog jumps
- 10 tuck-ins (sit on bottom and hold knees into chest and then extend straight out in front of you)
- 10 push-ups with hands on the couch, a stair or the ground.

### Floor Skills (only if you have a large floor space with a mat or grass to practice on):

- Candle rolls to stand on feet with arms high.
  - Hold a stuffed animal or a dowel or paper towel roll above head with straight arms
  - With feet together sit down on bottom and roll backwards till feet and bottom lift straight up in the air for the candle shape
  - Then tucks feet under bottom and stand back up, holding your prop above your head the entire time
- Wall handstand for 10sec (with tummy facing the wall, carefully walk feet up a wall)
- Mini Handstands (start and finish in lunge with arms straight and by your ears. Legs will make an 'L' in the air)
- Kisser Handstands (start and finish in lunge with arms straight and by your ears. Legs will come together quickly to touch in the air before splitting apart to land one at a time)
- Cartwheel (make sure there is enough space around you and that you are on a mat or something cushioned)
  - Start in a lunge with your favorite foot in front
  - Place that same hand down first and the your other hand in a straight forward line
  - Kick ONE foot up at a time
  - Land one foot at a time to finish in a lunge (you will land with the opposite foot that you started with in front)



- Bridge Hold for 5 sec
- Bridge hold with favorite leg lifted high in the sky for 5 sec
- Bridge kick-over off a mat or couch or cushion. (PLEASE only do this skill if you feel comfortable doing it on your own or if you have an adult who feel comfortable to help spot you through it!)
  - Start with back and shoulders on elevated surface and reach hands down to the ground.
  - Press up into a bridge so that only your feet are on the elevated surface.
  - Push your nose forward
  - Walk your feet closer to your hands
  - Kick one leg at a time up and over to land in a lunge
  - IMPORTANT: you have to keep pushing nose forward as your legs are kicking in the air

### If you have a bar (make sure there is a mat under the bar):

- 10 sec Pull-up Hold

- 10 sec Chin-up Hold
- 10 sloth chin-ups
  - hang on to the bar with rapping legs around it as well (Like a sloth ☺ )
  - pull your chin up to one side and then straighten your arms before pulling your chin up to the other side
- 10 sec toe hang (While hanging from the bar, hold toes to the bar in between your hands)
- 10 sec tuck hang (While hanging from the bar, hold legs in a high tuck)
- 2 hanging tuck walks down back on the bar
- 10 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
- Pullover then forward roll to chin hold.
- Cast 3 times in a row. (Arms and legs should stay straight)
- Cast back hip circle

If you have a beam (you can do all of this on the floor also, just try to stay in a straight line):

- Straight leg releve walks; arms in 'T'
- Front high kicks (legs stay straight and feet stay in releve)
- Back high kicks (legs stay straight and feet stay in releve)
- Pencil punches down the beam with arms down by your side
- 5 sec passe holds
  - hold arms out in circle in front of body
  - standing on a straight leg, lift one foot to knee (like a flamingo ☺ )
- Lunge push; arms stay by ears
- 'T' lever hold; back to lunge finish
- Mini handstand with hands on mat at the end of beam; feet start and land in lunge on the beam. Only practice if you feel confident!