

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

### Stretches (hold each 10sec):

- Arm circles forward and then 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 (Go through list twice):

- 15 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.
- 30 sec wall sit
- 30 sec plank hold

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

- Wall handstand for 10sec (with tummy facing the wall, carefully walk feet up a wall)
- 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)
- Full Handstands (Have family member spot to help you hold it for 10 sec before coming down)
- 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 or floor. (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!)
- 3 kicks then bridge kick-over with straight legs

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

- 10 sec Pull-up Hold
- 10 sec Chin-up Hold
- Have a family member help spot 5 pull-ups and 5 chin-ups
- 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
- If you have a mat, put it behind bar and stand on it. Then jump up to front support and then back down 10 times in a row. (make sure arms are straight; feet together)
- 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)
- Lunge push; arms stay by ears
- 'T' lever hold; back to lunge finish
- 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!
- Mini handstand, hands make butterfly shape on beam; start and land in lunge. Only practice if you feel confident!
- Kisser handstand; start and land in lunge. Only practice if you feel confident!