

## Level 2 – Week 3 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 (Complete 2 rounds):

- 10 dips (place hands on edge of chair behind you and slide your hips of the edge keeping your legs straight and chest up. Then bend arms making sure not to round back or lean forward.
- 20 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 (place weights or books on your lap and hold your arms straight above your head for an extra challenge)
- 15 frog jumps
- 20 flipper kicks

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

- Place duct tape on grass or draw a chalk line or fold up a towel burrito style so its only about 4-6 inches wide and use the straight line to do a cartwheel on. Make sure to start and finish in a lunge.
- Cartwheel with your other foot in front
- Cart-off
  - Start in a lunge and continue like you are cartwheeling; except when you land, pull your back leg in to close right next to your front leg.
  - You will land with your arms above your head and your feet together, making a very straight line.
- Run and split leap over that same line. (Try to keep both legs straight the entire time and arms should lift into a 'T')
- Forward roll on the same line. (Make sure to keep feet together and arms up by your ears when standing up)
- 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)
- 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
- Have a family member 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)
- 10 windshield wipers
  - Hang from bar with straight arms and hold straight legs out in front of your belly button.
  - Open and close your legs.

- 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)
- Pullover then forward roll to chin hold.
- 3 Pike forward rolls:
  - Forward roll and hold chin up at the end, but keep legs straight in a pike.
  - Before your feet touch the ground pull your toes back over the bar.
  - Complete 3 in a row.
- Cast 3 times in a row. (Arms and legs should stay straight)
- Cast back hip circle. (Goal is to keep arms and legs straight; do not throw your head back!)

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

- Jump for distance with stick landings
  - With favorite foot in front (but feet close together), jump as far as you can
  - Arms will swing forward as you jump
  - Land and finish with your stick, stand, salute
- 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
- 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!
- 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 and on your tippy toe, lift one foot to knee (like a flamingo 😊)
- Arabesque hops down beam.
  - Hold arms in a 'T'
  - Lift back leg behind you, keeping it straight
  - Hop down the beam on one leg; do 3 hops and then pause and balance in an arabesque for 3 seconds.