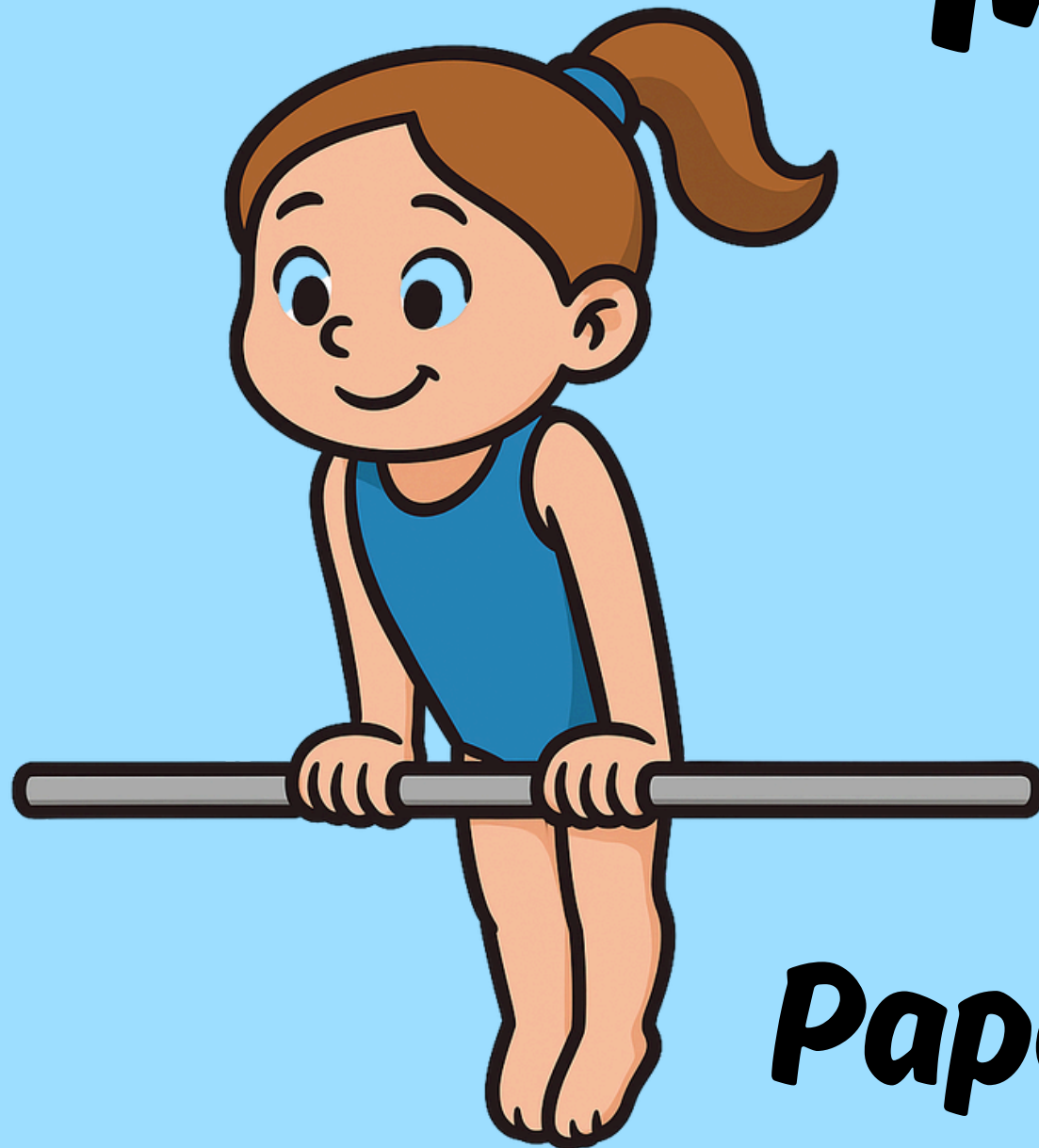


MY FIRST KIP



***Paper Plate Conditioning
For My Kip***

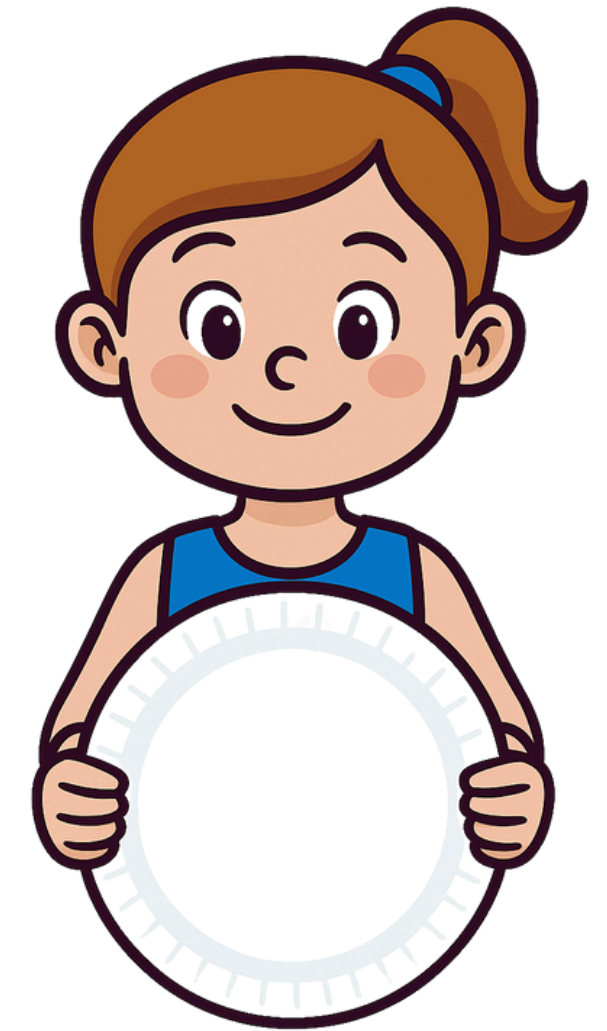
Use these exercises to help you build strength for your kip!

Remember – it's not about doing them just once.

Keep working hard and stay consistent.

Try to do this 3 days a week – strong bodies make strong kips!

Are you up for the challenge?



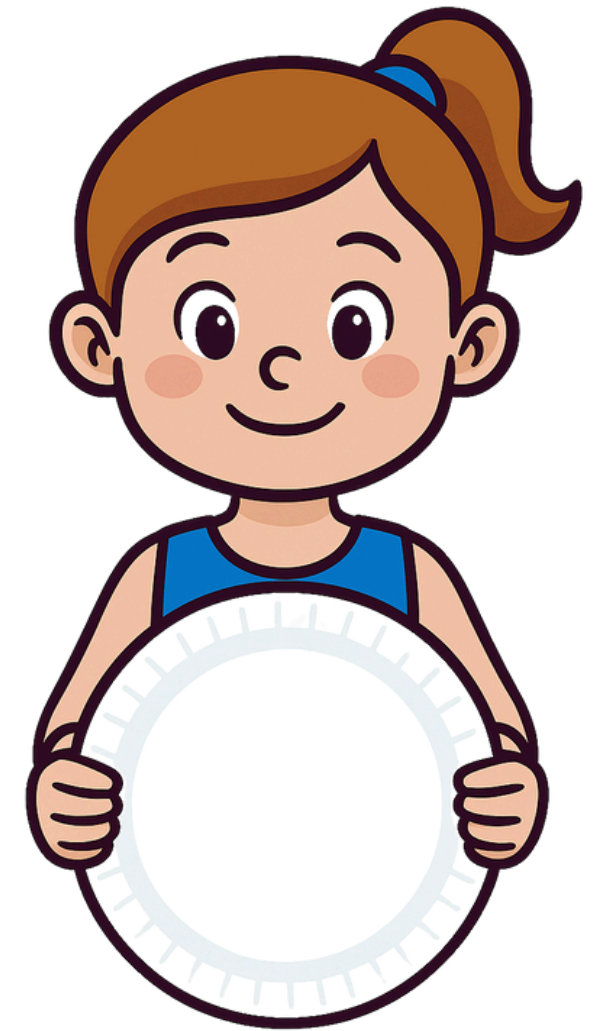
Glide Slides

Place your hands on paper plates in a push-up position.

Slide one arm forward, then pull it back in

□ 10 each arm

keep your tummy tight!



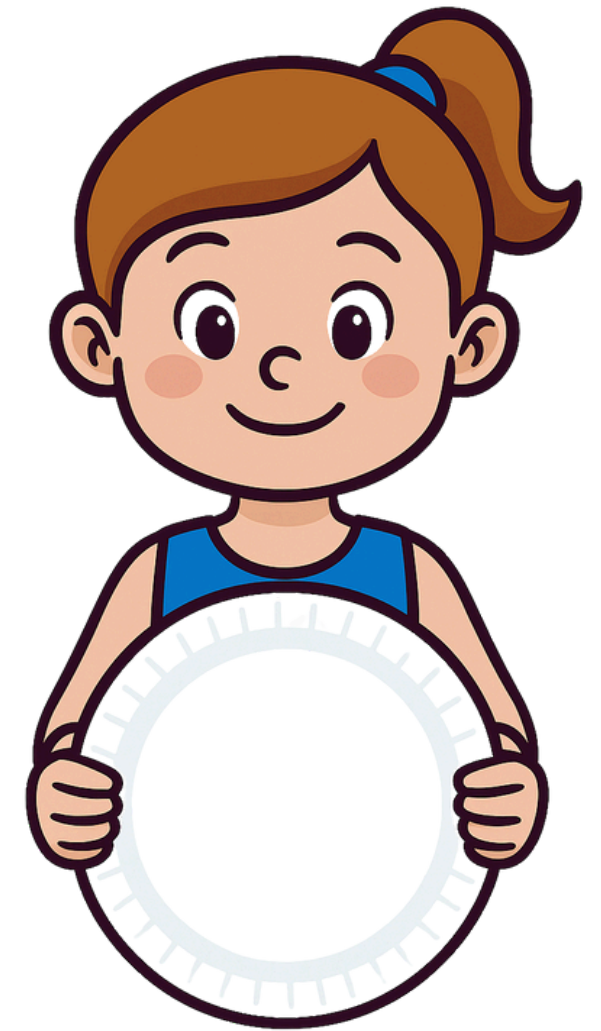
Seated Plate Pulls

Sit in a pike position with plates under your heels.

Slide your feet toward your body, then push them back out straight.

☐ ***10 slow pulls***

keep your toes pointed!



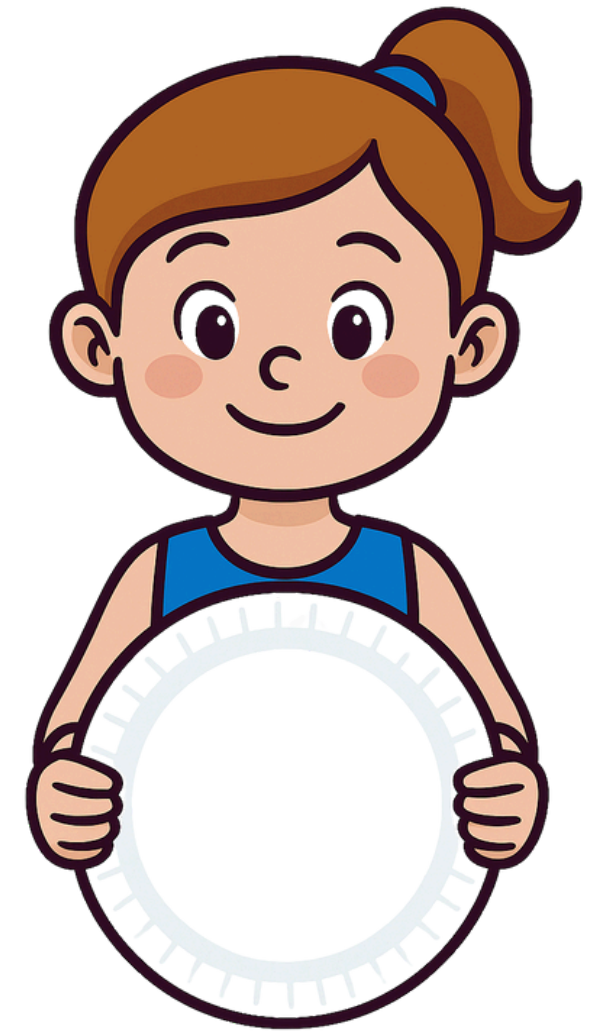
Wall Plate Climbs

Stand facing a wall with your hands on paper plates.

Slide your arms up and down the wall

□ 10 reps

keeping your belly tight!



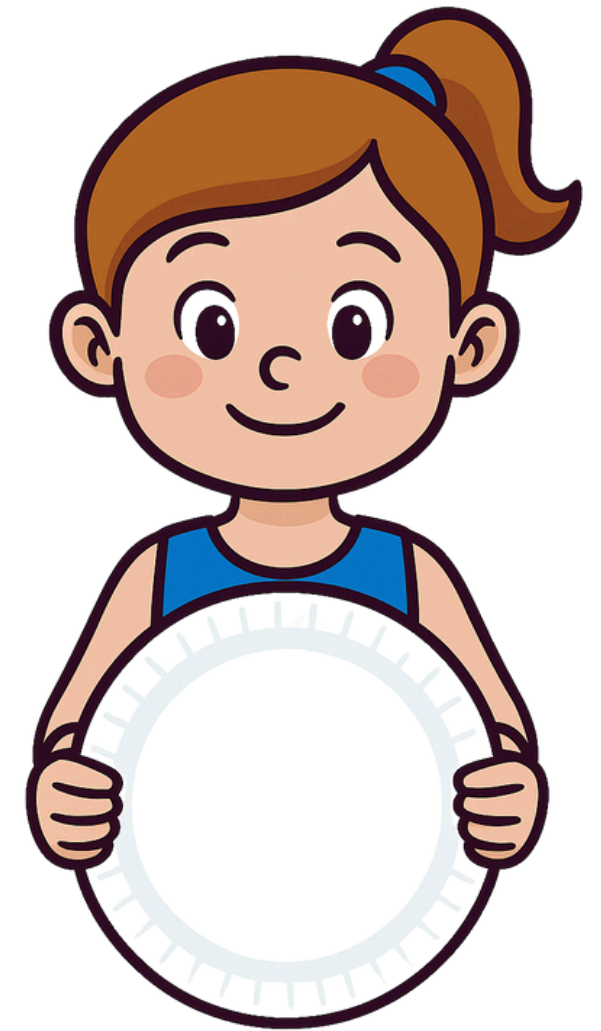
Hollow Plate Scoots

***Lay on your back in a hollow hold with plates
under your heels.***

Slide feet in to tuck, then back to pike

□ 10 rocks

no wiggly bodies!



**Make sure to tag @fuziongymnastics or
coach Mike @mikeheredia on instagram with
your first kip!**

**Competitive Team Tryouts
Friday, April 24th 2026**

Fuziongymkc.com

