**Home Training Plan**

**Week 11**

**FLOOR**

**Theme:**  Handstands 2 Approx. 20 mins

**Activities**: <https://www.youtube.com/playlist?list=PLOsDC1TFfOVuG-zCGCxq4BPkcdfbTnslt> Listen to the number of repetitions Mary Lee Tracy suggests- do it that many times. If unsure to 10-20 repetitions 2 times through.

**VAULT**

**Theme:** Leg DayApprox. 20mins

**Activities:** <https://www.youtube.com/playlist?list=PLOsDC1TFfOVviSjkeBbpJRrDJIQo1Uqho>

Listen to the number of repetitions Mary Lee Tracy suggests- do it that many times. If unsure to 10-20 repetitions 2 times through.

**BARS**

**Theme:** Approx. 20 mins

**Activities:** 1) Hold full squat shape with knees together and hands flat on floor next to feet (try to have flat feet too) 10s. 2) From the previous squat shape, straighten legs to pike stand and quickly stand up with hands by thighs x10 3) Front support with feet on raised surface 20s. 4) Front support lean forward so shoulders go in front of hands and back again x10. 5) Front support jump feet into squat position pause straighten legs to pike stand and stand up x5. 6) Repeat 5 but have feet on raised surface during front support x5.

1) See how long you can balance in squat (hands holding on) on a bar or paralette 2) Repeat number 2 above but after standing jump forward to place hands on a wall in a dish shape x6 3) See how long you can stand on a bar or paralette with hands by thighs. 4) Repeat 2 but using a floor bar or paralette x6. 5) Open front support hold 20s. 6) Repeat 1 and 3 but with your eyes closed.

**BEAM**

**Theme:** Polishing Skills for Beam Approx. 20 mins

**Activities:** <https://www.youtube.com/playlist?list=PLOsDC1TFfOVuSBty1Xhf2nehGM_u5b0WD>

Listen to the number of repetitions Mary Lee Tracy suggests- do it that many times. If unsure to 10-20 repetitions 2 times through. **DO WHAT YOU CAN DO SAFELY!**