**Home Training Plan**

**Week 13**

**FLOOR**

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

**Activities**: <https://www.youtube.com/playlist?list=PLOsDC1TFfOVu_DUtDFQyHeyGI98acpfSc>

Do each exercise 10-20 times

**VAULT**

**Theme:** Sprinting and lower leg conditioning Approx. 20mins

**Activities:** <https://youtu.be/t-n8gzggUGs>

**BARS**

**Theme:** Advanced Bar Work out Approx. 20 mins

**Activities:** <https://youtu.be/qMVMQGrRMvE>

**BEAM**

**Theme:** Warm up and Beam Cartwheels Approx. 20 mins

**Activities:** [**https://www.youtube.com/playlist?list=PLOsDC1TFfOVvkjN\_86rhK7rVS1vmWUP\_s**](https://www.youtube.com/playlist?list=PLOsDC1TFfOVvkjN_86rhK7rVS1vmWUP_s)

Do each exercise 6-10 times. Some exercises are repeated. LOOK at the hand placement!

After playlist, on beam or line...

- 6 cat leap lined to cartwheel on beam

- 6 cartwheel linked to sissone (or the other way around)

- 6 Cartwheel swing cartwheel

- 6 Cartwheel backwalkover

- 6 Forward walkover Cartwheel