**Home Training Plan**

**Week 14**

**FLOOR**

**Theme:** Change legs 1 Approx. 20 mins

**Activities**: <https://www.youtube.com/playlist?list=PLOsDC1TFfOVus0S2mk6Z03XVSYUnkUpek>

Do each exercise 10-20 times

**VAULT**

**Theme:** Preparing ankles and feet 1Approx. 20mins

**Activities:** [**https://youtu.be/Zi1YaZl9W1c**](https://youtu.be/Zi1YaZl9W1c)do each activity for 20 seconds (don’t forget to do both feet!)

**BARS**

**Theme:** Preparation with paralettesApprox. 20 mins

**Activities:** <https://youtu.be/wNVts0o_kDM> do each activity 10-20x (repeat with other hand in front) Any holds are held for 10-15 seconds.

**BEAM**

**Theme:** Working with resistanceApprox. 25 mins

**Activities:** [**https://youtu.be/tm4pYC1PYRM**](https://youtu.be/tm4pYC1PYRM)do each activity 10-20x (don’t forget to do both feet!) Any holds are held for 10-15 seconds.