**Home Training Plan**

**Week 2**

**WARM UP**

**Pulse Raiser =** Jog in place 1min 🡪 rock to shoulder stand 30secs 🡪 jog 45s 🡪 rock to shoulderstand 20s 🡪 jog 30s 🡪 rock to shoulderstand 10s 🡪 jog 1min Approx. 5 mins

**Stretch =** Head to toe stretch and overstretch splits with weights and/or elastics Approx. 15 mins

**Basics/Lines =** Forward roll to pike sit, fold with pointed toes, sit up and pull feet, fold with flexed feet x4 🡪 Forward roll to straddle, turn to splits, splits, swim through drag to pike fold x4 🡪 Drop back to bridge stand up, drop back to bridge lift leg x 3, other leg x3, kick to roll out x 3 🡪 Handstand to bridge stand up, tick tock x3 Approx. 10 mins

**FLOOR**

**Theme:** Cartwheels/Round offs Approx. 20 mins

**Activities**: 1) **Lunge, T, Lunge x4. 2) Open front support in a star shape 20s 3) Arch hold in a star shape 20s. = Circuit 3x**

**1) Fast needle kick to lunge x8 each leg. 2) Star shaped handstand back to wall 20s. 3) In lunge holding weights swing arms to head and down x 10 = Circuit 3x**

**1) Jump, hurdle, freeze in lunge x5. 2) 3 steps, hurdle, freeze in lunge x5. 3) Lunge, T, drop “cartwheeling arm” Lunge x5. = Circuit 3x**

**1)** 10 side to side cartwheels 2) 10 front to back cartwheels to lunge 3) 10 cartwheel snap downs

**VAULT**

**Theme:** Drilling safe landings Approx. 20 mins

**Activities:** 1) **Rebound jumps forward and backward 30secs.** 2) **Rebound jumps side to side 30s = Circuit 2x**

1) **Hopping forward and backward 30secs.** 2) **Hopping side to side 30s = Circuit 2x**

1) **long jump forward, hold landing for 3 and stretch x3.** 2) **Bounce 3 times hold the final landing for 3 and stretch x3.** 3) **long jump forward, immediate rebound, hold landing for 3 and stretch x3 = Circuit 2x**

1) **Repeat station on one leg, then other leg x3.** 2) **Repeat station on one leg, then other leg x3.** 3) **Repeat station on one leg, then other leg x3 = Circuit 2x**

**The next circyut is using a raised surface, you can start low and make it higher as you progress**

1)Jump off the surface, hold landing for 3 and stretch x3**. 2) Start facing the wrong way, jump half turn off the surface, hold landing for 3 and stretch x3. 3)Jump off the surface, immediate rebound jump hold lading for 3 and stretch x4. 4) Star jump/straddle jump off the surface, holding landing for 3 and stretch x3 = Circuit 3x**

**BARS**

**Theme:** Improving swing shapes Approx. 20 mins

**Activities:** 1) Lying on back with legs bent and feet on floor lift top half to dish with arms by head 20secs. 2) Lying on front arms by head lift bottom half to arch with feet together 20secs. 3) Log roll from arch to dish x 4 **= Circuit 3x**

1) Shoulderstand hold with arms by head 20s. 2) Diagonal open front support feet on wall 20s. 3) Kick to handstand fall to open front support x4. **= Circuit 3x**

**The next circuit is only if you have a bar or something you can hang from**

1) Tuck hang knees to chin 10secs 2) Pike hang legs at least horizontal 10s 3) Dish hang hips tilted forward 10s 4) Arch hang DO NOT THROW HEAD BACK 10s **= Circuit 4x**

**BEAM**

**Theme:** Warm up and cartwheels (on line or beam) Approx. 20 mins

**Activities:** 1) Walk forward x8 steps. 2) Walk backward x8 steps. 3) Walk sideways x8 steps both sides. 4) Rebound jumps forward x8. 5) Rebound jumps backwards x8. 6) Chasses x 4 on each leg. 7)Walk forwards arms moving up, out and down. 8) Walk backwards circling arms backwards. **= Circuit 2x**

1) Needle kicks on each leg x4. 2) **Split handstand to lunge x7** 3) Front to back cartwheel to hold lunge and press back x10. 3) Split handstand snap up x7 4) Cartwheel snap up straight jump dismount x10 5) cartwheel to stop in held handstand, optional exit x10

**CONDITIONING**

**Theme:** Monday Testing Approx. 20 mins