**Home Training Plan**

**Week 3**

**WARM UP**

**Pulse Raiser =** <https://youtu.be/0C35-jnwJoM> Approx. 5 mins

**Stretch =** Head to toe stretch with kicks and rocks, overstretch splits, shoulders with bands/wall 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:** Split Leaps & Change leg Leaps – There are YouTube videos for these Approx. 20 mins

**Activities**: 1) **On right leg raised laying leg kicks x3, pulse x3. 2) Previous exercise on left leg 3) On right side raised laying leg kicks x3, pulse x3. 4) Previous exercise on left side. 5) Dish rocks to explosive split on right leg x3. 6) Dish rocks to explosive split on left leg x3. 7) Swing to Split circles x3 = Circuit 2x**

**1) Facing “Barre” 4 alternate legs kicks to the side, 4 immediate straddle rebounds x4. 2) Facing “Barre” 3 lifts to arabesque, turn so back leg is by “Barre” 3 sissones x4. 3) Repeat previous exercise on other leg x4. 4) Sissone onto raised surface to land in arabesque x4 5) Repeat previous exercise on other leg x4. 6) 2 alternate high leg flicks immediate 2 split leaps joined x4. 7) Repeat previous exercise on other leg x4 = Circuit 2x**

**1) 4 Switch hops x2. 2) Repeat previous exercise on other leg x2. 3) Steps into switch hop of raised surface x4. 4) Repeat previous exercise on other leg x4. 5) Steps or chasses into Change leg leap off raised surface x4 6) Repeat previous exercise on other leg x4 = Circuit 2x**

**VAULT**

**Theme:** Drilling fast legs and feet (try to do each exercise for at least 2 counts of 8) – There are YouTube videos for these Approx. 20 mins

**Activities:** 1) **Russian kicks to the front.** 2) **Russian kicks to the side.** 3) **Russian kicks to the back.** 4) **Right leg chasses.** 5) **Left leg chasses.** 6) **Alternate chasses.** 7) **Right leg leading side chasses.** 8) **Left leg leading side chasses.** 9) **Alternate side chasses.** 10) **Stag runs** 11) **Hop leaps = Circuit 3x**

**BARS**

**Theme:** Clear Hip Circle Preps Approx. 20 mins

**Activities:** 1) Leaning shoulders against wall, lift weight over head with straight arms x6. 2) Leaning shoulders against wall, arms above head holding a weight shrug shoulders x6. 3) Front support lean shoulders forwards and backwards x 6. 4) Shoulder stand (arms by ears) hold 20s. 5) Inverted diagonal open front support (feet on wall) 20s **= Circuit 3x**

1) Dish rocks hands by thighs x8. 2) Handstand fall to front support (shoulders above wrists) x4. 3) straddle to handstand, pike down into straight armed backward roll to front support x4. 4) Straight armed backward roll to handstand x4 **= Circuit 3x**

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

1) Jump to tummy on the bar and push the bar down to knees hold 20s 2) Hold inverted dish 5-10s 3) Cast to horizontal push away to land on feet in a dish shape still holding bar 4) Hanging under the bar, feet on ball swing backward and forward in dish x6 **= Circuit 3x**

**BEAM**

**Theme:** Leaping Complexes and large Leaps(on line or beam) Approx. 20 mins

**Activities:** 1) Skipping forward. 2) Skipping backward. 3) Walk sideways crossing legs in front and behind. 4) Long jumps x4. 5) 4 straight jumps joined with arm circle. 6) Chasses complex, both legs x4. 7) Cat leap complex, both legs x5. 8) Split leap complex, both legs x4. 9) Switch hops (complex for change leg) both legs x4**= Circuit 2x**

1) Chasse to finish x4 each leg. 2) **4 chasses linked each leg** 3) Cat leap to finish x 4 each leg. 3) Chasse linked to cat leap x4 each leg4) Step split leap to finish x8 (just preferred leg) 5) Split leap linked to cat leap (preferred leg only) x8. 6) Sissone (preferred leg only) x8 7) Sissone linked to cat leap (preferred leg only) x8

**CONDITIONING**

**Theme:** Wednesday Arms/General Approx. 20 mins