**Home Training Plan**

**Week 4**

**WARM UP**

**FLOOR**

**Theme:** Backwalkovers and Flics to one\* Approx. 20 mins

**Activities**: 1) **Bridge pushing head through arms towards a wall 15s. 2) Overstretch splits, both legs 30s 3) Split handstand with foot on wall trying to get legs to 18o degrees 15s both les. 4) Needle scale for 15s trying to get legs to 180 degrees (can be done against wall) 10s each leg 5) Straight legged bridge, lift one leg to vertical or further trying to get 180 degrees 10s each leg = Circuit 3x**

**1) Bridge lift one leg as high as possible and “pull” legs over rather than a big “kicking action” x3. 2) Tick tock x3, see how slowly you can do it and how gently your foot touches the floor before pulling back over. 3) Backwalkover x3, start with leg up and try to it 180 in the middle, perform these slowly. 4) Backwalkover change leg x3, swap your legs over in the handstand phase can you hit 180 on both splits = Circuit 2x**

**\*ONLY DO THE BELOW IF YOU CAN FLIC SAFELY**

**1) Flic to one foot x4, aim for straight legs and 180 split. 2) Back walkover snap down with hands by thighs, immediate jump x4 3) Backwalkover snap down flic to one x4, no arm swing in between- go back to exercise 2 if you’re struggling to connect. 4) Flic to one snap down immediate jump x4 . 4) Flic to one immediate flic to one= Circuit 2x This video maybe helpful for shapes etc.** [**https://youtu.be/KW3N0fF07Mw**](https://youtu.be/KW3N0fF07Mw)

**VAULT**

**Theme:** The Handspring Entry and Block Approx. 20 mins

**Activities:** 1) **Laying on front squeeze into a tight straight shape, try to slightly dish back hold for 15s.** 2) **Rebound jumps for 30s holding weight above head, squeeze body tight.** 3) **Take a couple of steps or sun into arm circle rebound jump, try to get higher each time x4 = Circuit 3x**

1) **Arms down by sides rush them forwards in a fast kick to handstand (land in flatback if you ca safely) x4 .** 2) **Inverted open front support feet on wall 20s.** 3) **Arch rocks x20 legs straight and feet together.**  4) **arms down by sides rush them forward to handstand hop x4** 5) **Handstand tip to bridge feet landing on raised surface, hold arch bridge for 2s x4** 6) **From a raised surface, jump down to land safely, hold landing for 3s and stretch x3 = Circuit 3x**

**BARS**

**Theme:** The “Gliding” part of a Float Upstart(bar or something you can safely hang from) 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) Dish hang 15s. 3) 3x swing in dish 4) Hold a standing dish shape with hands on wall, head in between arms 10s 5) Move a little further away from the wall, fall forward into the previous shape and push back x6 (push comes from shoulders, not from arms bending) 6) Repeat exercise 5 but this time jump instead of fall x6 **= Circuit 3x**

1) Caterpillar to as open front support as possible hold for 6 x4. 2) Hang on bar, extend body out as far as possible, feet can be on floor or raised surface. hold 20s. 3) Holding the bar in the shape from previous exercise 4 place feet on slider or roller and glide out into extended shape x4. 4) Repeat exercise 3 but jump into glide with slider or roller x4. 4) Repeat the previous exercise without feet on object x4**= Circuit 3x**

<https://youtu.be/1vhhkhB4S0E> This video is great for more upstart work!

**BEAM**

**Theme:** Jumping (on a beam or line) Approx. 20 mins

**Activities:** 1) Hop forward x8 both legs. 2) Hop backward x8. 3) Rebound jumps forward x8. 4) Rebound jumps backwards x8. 5) Long jump forwards, hold landing x6

Perform the below as if you are competing, slow and controlled with nice presentation.

1) Straight jump x5 2) **Tuck Jump x6** 3) Split jump x8. 4) W jump x8 5) Jump ½ turn (can be lengthways or crossways)x4

The below must use the arm circle technique so the jumps are connected (e.g. no arm swing, in between)

1) Straight jump, straight jump x5 2) Straight jump, **Tuck Jump x6** 3) Split jump, straight jump x8. 4) tuck jump, W jump x8 5) Split jump, w jump x6 6) Straight jump, jump ½ turn x4