**Home Training Plan**

**Week 5**

**FLOOR**

**Theme:** Spins (Normal spins and Illusion turns) Approx. 20 mins

**Activities**: 1) **Hands on chair, lift to releve on single leg x10 (other foot is by knee) each leg. 2) Hands on chair, lift to releve on single leg and hold for 10s(other foot is by knee) each leg. 3) Standing in single leg balance (other foot by knee, arms in crown above head) lift to high releve and hold for as long as possible x4 each leg.** 4) **Preparation lunge with one arm in front, step back leg up to releve (arms move to crown), briefly hold releve and step through to finish x 4 each leg.** 5) **Standing in single leg balance (other foot by knee, arms in crown above head) lift to releve to make a half turn to finish e.g. a half spin without using your arms x4 each leg.** 6) **Spin of your choice (1/2, full or more) x6 focusing on making them controlled/elegant**

**Have a go at learning an illusion spin- pick your bendiest leg splits and stick on that.**

**1) Overstretch with front foot on surface 30s . 2) Overstretch with back knee on surface 30s. 3) Needle kicks x10 stand up in between. 3) Standing next to a wall (padding may be needed) with your leading leg in front do a SLOW needle kick and turn base foot so you end up in splits on the wall x4.** 4) **Start in splits on the wall as before, move the top leg over and turn base foot so you finish standing up looking at wall in star shape x4.** 5) **Try the illusion turn using same hand as bas leg to push off floor (go back if you’re still confused!)** 6) **Try the illusion turn with no hands This video will help!** [**https://youtu.be/GqnKFSfir3Q**](https://youtu.be/GqnKFSfir3Q)

**VAULT**

**Theme:** Improving agility and precision Approx. 20 mins

**This uses an Agility Ladder but you can just use some kind of marker or if you really want you can make one using cardboard and string.**

**Activities:** 1) **Each activity on the video x 3 lengths. Don’t forget to do both feet if required.** [**https://youtu.be/67XP-AekUoA**](https://youtu.be/67XP-AekUoA)2) **Attempt to handstand walk through your agility ladder x4.** 3) **Try handstand hopping through your agility ladder x4**

**BARS**

**Theme:** Drilling the second phase of the upstart Approx. 20 mins

**Activities:** 1) Anchor a theraband- Lay on back with head near anchor point, legs bent and feet on floor. Pull bands down to hips with straight arms slowly x15 (move further from anchor to make it harder. 2) Stemme raises x10. 3) Single leg Stemme raises x5 each leg. 4) Laying on back leg lifts x10. 5) Pike leg lifts on bar x5. 6) Toes to bar hold 10s. 7) 30 butt ups **= Circuit 3x** <https://youtu.be/1vhhkhB4S0E?t=264>

If you have a suitable bar= 10 glide(float) swings or 10 upstart attempts

**BEAM**

**Theme:** Bridges and backwalkovers (on line or beam) Approx. 20 mins

**Activities:** 1) On floor, bridge walk 16 steps in total. 2) On beam lunge to T balance to lunge, press back to finish x5. 3) On floor push up to bridge with hands 8cm apart push head through arms for 10s. 4) On beam split handstand to lunge to press back to finish x5. **= Circuit 2x**

1) By wall stand with leading leg in front, hands above head thumbs touching – lean back to place hands on wall as you lift leading leg x6. 2) **On beam push up to bridge, kick over to lunge to press back x4** 3) On beam backwalkover x6.

- Work towards back walkover with leg at least horizontal at the start, slow 180 degree split in middle, finish in arabesque before lunging to press back

- Work towards Backwalkover backwalkover linked