**Home Training Plan**

**Week 7**

**FLOOR**

**Theme:** Standing Dive Cartwheels/Free Cartwheels Approx. 20 mins

**Activities**: : 1) **Standing on one leg with your cartwheeling leg extended to horizontal with arms up, fall to a big lunge x5. 2) Needle kicks on both legs, stand up in between, aim to get head close to shin x10 3) Start as 1) after falling to lunge front to back cartwheel with hands close to front foot x6 4)** Fast front to back cartwheel x5 **= Circuit 2x**

1) Start kneeling up with cartwheeling knee in front, arms up. Quickly stand up and immediately needle kick x6 **2) Start as 1) quickly stand up and immediately cartwheel with head close to front leg x6. 3) Standing on one leg other leg extended, drop to knee and immediately perform 2) x6. 4) Repeat 3) but start on a raised surface like a folded mat, in the cartwheel phase place hands on floor x6. = Circuit 3x**

**As you get more confident drive legs harder to gain height to the point where you “float” before hands go down or they don’t need to go down at all. Can already free cartwheel from standing? Do these exercises on a straight line prepping for beam.**

**VAULT**

**Theme:** Improving Running Technique (find somewhere you can travel 8m or more) Approx. 20mins

**Activities: Carefully watch and copy each exercise for 8m or more** [**https://youtu.be/OIXVDdH3o6g**](https://youtu.be/OIXVDdH3o6g)

**BARS**

**Theme:** Undershoots and Mo shoots Approx. 20 mins

**Activities:** 1) Front support hold with feet on raised surface 20s. 2) Japana 20s. 3) Sitting pike fold 20s. 4) Burpee but instead of squat position do straddle stand and pike stand x10 of each shape.

If use have a floor bar use it for below exercises.

1) From front support jump to straight legged straddle stand x6. 2 From front support jump to straight legged pike stand x6. 3) Repeat 1) but fall from straddle stand to Japana (use soft mat/trampoline) x6 . 4) Repeat 2) but fall from pike stand to pike fold (use soft mat/trampoline) x6. **= Circuit 2x**

Mo shoot to catch high bar…

1) Repeat the previous exercise 4) but start kicking to handstand and either pike down or step down to fall x6 2) Over stretch box split 30secs. 3) Lift to shoulder stand, drive feet down to an arch lying on your back. Sit up tall and swim through to end up on your front in arch x6. 4) If you have a trampoline <https://youtu.be/sZcecrAGUHs>. 5) <https://www.instagram.com/p/BzGwVEuFDzG/?igshid=174s6jid0i1pc>

**BEAM**

**Theme:** Tick Tocks and Forward walkovers (on line or beam) Approx. 20 mins

**Activities:** 1) **Fall to lunge to press back x4. 2) Needle kick, lunge, press back x4. 3) Repeat 1) and 2) on other leg.** 4) **Fall to lunge, split handstand, lunge press back x4 each leg.**

1) **Bridge, lift one leg as high as possible and hold for 10s, repeat with other leg** 2) **Tick tocks on line or beam x8.** 3) **Forward walkover to land briefly in single leg balance before pressing back x8**. 4) **Tick tock straight jump x6.** 5) **Forward walkover linked to cartwheel x6.** 6) **Forward walkover immediate full spin x4**