**Home Training Plan**

**Week 8**

**FLOOR**

**Theme:**  Fouette hops and Tour jettes Approx. 20 mins

**Activities**: : 1) **Single leg demi squat to lift to tip toes x20 each leg. 2) Placing both hands on a wall or chair kick leg backwards to highest possible arabesque x10 each leg. 3) Weighted lateral arms circles x20 each direction 4)** small run into split jump x10 each leg OR weighted split jumps on a trampoline x10 each leg. **5)** Holding a chair side on fast squat to stand and kick leg as high as possible in front x10 each leg

This video will help with the below: <https://youtu.be/M_I8a9c_e4o>

1) Step hop with a straight leg, lifting arms to ears in the hop (the leg that is in the air should your best splits leg) x10 **2) Start on one knee straight into hop as in exercise 1) x10. 3) Hop the same as 1) but this time when in the air ½ to land in arabesque. This is called a fouetté hop x10. 4)Reat the previous exercise but from one knee like 2) x10.**

1) Fouette hop to land in brief arabesque, then Kick other leg back to arabesque x10 **2) Repeat the previous exercise but miss the first arabesque by swapping feet mid-air eg a baby tour jette x10 . 3) Repeat 2) but aim to give the leap more height and split by landing on a raised surface x10. 4)Reat the previous exercise but from one knee like 2) x10.**

**VAULT**

**Theme:** The Round Off Entry Approx. 20mins

**Activities: 1) Weighted straight rebounds x20. 2) Side crunches x20 each side. 3) Steps into arm circle rebound x3 4) T-shaped hands in cartwheel snap down x8. 5) Steps into arm circle, cartwheel snap down x8.**

**1) Kick to handstand with hands on raised surface, donkey kick into snapping down x10 2) HANDS ON RAISED SURFACE T-shaped hands in cartwheel snap down x8. 3) FEET LANDING ON RAISED SURFACE T-shaped hands in cartwheel snap down x10. 4) T-shaped hands in cartwheel snap down immediate backward roll x8 5) On trampoline round off with feet together throughout – try putting a bean bag between knees x8**

**BARS**

**Theme:** Beginning blind turns (another way of turn in handstand on the bar) Approx. 20 mins

**Activities:** 1) Dish holding a rolling pin or similar 20s . 2) Arch but laying on back holding rolling pin 20s. 3) Dish rocks holding rolling pin x16. 4) Rock to shoulder stand, stand up holding rolling pin x16. 4) Open front support balancing rolling pin on shoulder blades for as long as you can!

1) If you have a bar hang in normal grip ½ turn to under grip continue to normal grip x6. 2 Holding rolling pin, lying in straight shape on back, let go of one hand and roll onto front to “re catch” bar in under grip. THE ROLLING PIN MUSTN’T MOVE let go of other hand to continue to roll back onto back hands finishing in normal grip x6. 3) Straight armed backward roll through handstand to land in front support x6. 4) Backward roll to held handstand x6.

If you found it confusing stick with the above exercises! If not have a play with these…

1) <https://youtu.be/7vyqS4Vw6O4?t=62> 2) <https://youtu.be/4OtBhLvbyaM?t=38> 3) <https://youtu.be/tSOyNCNIQUM?t=311>

**BEAM**

**Theme:** Dismounts - On a line or beam Approx. 20 mins

**Activities:** 1) **Arms above head small run and jump off end x4. 2) Repeat 1) but with a tuck jump off x6 3) Repeat 1) but land on a higher surface so you have to jump more x6.** 4) **Repeat 2) but use ankles weights x6**

1) **with your back towards the end of the “beam” kick to handstand, snap up, straight jump off the end x6.** 2) Cartwheel, **snap up straight jump off the end x6.** 3) **Backward walkover snap down straight jump off the end x6**.

If you can do so safely!!!

1) **Round off straight jump off the end x6.** 2) **Cartwheel tuck back off the end x6.** 3) **Backwalkover tuck back off the end x6**.