**Home Training Plan**

**Week 9**

**FLOOR**

**Theme:**  Polishing Floor 1 Approx. 20 mins

**Activities**: <https://www.youtube.com/playlist?list=PLOsDC1TFfOVuTVFhU1y0a5-NfOTXuftdY>

Listen to the number of repetitions Mary Lee Tracy suggests- do it that many times. If unsure to 10-20 repetitions 2 times through.

**VAULT**

**Theme:** Vaulting Power 1Approx. 20mins

**Activities:** [**https://www.youtube.com/playlist?list=PLOsDC1TFfOVup3ZNjZ08-rAg3s8C-oPQC**](https://www.youtube.com/playlist?list=PLOsDC1TFfOVup3ZNjZ08-rAg3s8C-oPQC)

**Use a LIGHT WEIGHT or no weight at all!** Listen to the number of repetitions Mary Lee Tracy suggests- do it that many times. If unsure to 10-20 repetitions 2 times through.

**BARS**

**Theme:** Linking Upstarts out of skills Approx. 20 mins

**Activities: On a bar or something you can hang on** 1) Straddle hang making small circles with your legs 10x forward, 10x backward. 2) Hang holding pike with toes touching bar 15s. 3) Repeat exercise 2 but get someone to push you so you swing, keep feet at close to bar as possible x10. 4) Dish rocks x10. 5) V sits x10. This circuit x 2.

1) Glide swing x4. 2) High casts linked x4. 3) High cast away to land on feet, immediate glide swing x4. 4) Upstart x4. 5) High cast away to land on feet, immediate upstart x4. This circuit x 2.

**BEAM**

**Theme:** Polishing Beam 1 Approx. 20 mins

**Activities:** [**https://www.youtube.com/playlist?list=PLOsDC1TFfOVukwsUFg--0lORnBkQFHoO0**](https://www.youtube.com/playlist?list=PLOsDC1TFfOVukwsUFg--0lORnBkQFHoO0)

Listen to the number of repetitions Mary Lee Tracy suggests- do it that many times. If unsure to 10-20 repetitions 2 times through.