



## CENTRAL BUCKS GYMNASTICS & DANCE

### GymStars Program

## At-Home Strength and Conditioning Guide

### Cardio Warm Up

- 25 jumping jacks
- 20 high knees run (in place)
- 20 bottom kick run (in place)

### Flexibility Warm Up

- 10 arm circles forward and backward
- 10 second standing pike stretch
- 10 second pike stretch against wall (flexed feet)
- Sitting straddle stretch - Hold for 15 seconds each side and to the middle
- 30 second butterfly stretch
- 10 second bridge or table hold
- Ankle and wrist stretch/roll out
- 30 second split hold on each leg
- 30 second straddle hold

### Strength/Conditioning - Complete Twice

- 5 step lunges on each leg
- 10 squat jumps
- 30 second plank hold
- 5 push ups
- 5 levers on each leg
- 10 sit ups

### **DISCLAIMER**

*Central Bucks Gymnastic and Dance strongly recommends that you consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in the exercise. You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, in a safe environment and with permission/supervision from a parent or guardian, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Central Bucks Gymnastics and Dance from any and all claims or causes of action, known or unknown, arising out of Central Bucks Gymnastics and Dance.*