



Xcel and Junior Olympic (Compulsory) Programs
At-Home Strength, Flexibility and Conditioning Guide
3/30/2020

Weekly Challenge - Push-Ups

On day 1, count how many push-ups you can do in 60 seconds. Each day, try to improve that number! Keep track of how many you do each day and the total amount for the week for discussion on Zoom each week.

Cardio Warm Up

- 50 jumping jacks
- 25 high knees run (in place)
- 25 bottom kick run (in place)
- 10 squat jumps
- 10 jump lunges

Flexibility Warm Up

- 10 arm circles forward and backward
- 30 second standing pike stretch
- 30 second pike stretch against wall (flexed feet)
- Sitting straddle stretch- Hold for 15 seconds each side and to the middle
- 30 second shoulder stretch with pinkies together
- Bridge #1- Hold for 10 seconds and rock 5 times
- Bridge #2- Hold for 10 seconds and jump feet 5 times
- 15 second back stretch with knees overhead next to ears
- Ankle and wrist stretch/roll out
- 15 second gymnastics lunge*
- 15 second gymnastics lunge with back leg up*
- 15 second runners lunge with pointed back foot*
- 15 second lean back hamstring stretch with flexed foot*
- 1 minute split*
- 1 minute straddle hold
- 30 second butterfly hold with elbows down

*Repeat with alternate leg

Everyday Shaping

1. 1 minute handstand hold
2. 1 minute plank hold
3. 25 rockers in each direction
4. 25 toe raises and flexes off ledge
5. 10 levers on each leg
6. 10 kicks in each direction on both legs

Strength/Conditioning

Challenge yourself to complete each round in 7 minutes or less! Give yourself a 90 second break before repeating the round and a 3 minute break before moving on to round 2.

Days 1, 3 & 5 (2x each round)

Round 1

1. 15 v-ups
2. 15 butt ups
3. 25 tight arch ups
4. 15 bicycles
5. 30 second hollow hold
6. 30 second tight arch hold
7. 15 right side ups
8. 15 left side ups

Round 2

1. 10 squat jumps
2. 5 levers on each leg
3. 25 jumping jacks
4. 5 one leg squats on each leg (sit onto raised surface OR hold onto wall)
5. 25 jumping jacks
6. 10 push up hold shoulder taps each arm
7. 10 bridge lifts
8. 10 jump lunges each leg

Days 2 & 4 (2x each round)

Round 1

1. 15 tight arch ups
2. 10 perfect tight arch rockers
3. 15 second tight arch hold
4. 15 hollow ups
5. 10 perfect hollow rockers
6. 15 second hollow hold
7. 20 total alternating v-ups
8. 25 straight leg sit ups (legs to the ceiling, reach for your feet)

Round 2

1. 7 elbows out push ups
2. 5 hershey kiss pushups
3. Wiggle out to 30 second rainbow hold
4. 7 elbows in push ups
5. 3 push up claps
6. 15 dips off couch/ledge
7. 30 second reverse plank hold off couch/ledge
8. 10 squat jumps

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.