



Xcel and Junior Olympic (Compulsory) Programs
At-Home Strength, Flexibility and Conditioning Guide
4/6/2020

Weekly Challenge - Passe hold with eyes closed (both legs!)

On day 1, start with a 30 second passe hold with your hands on your hips and eyes closed. Remember to do both legs. Each day, add 10 seconds to the total time on each foot. Challenge yourself to a 90 second hold with your eyes closed by the end of the week! To increase difficulty, try holding in releve for some of the time!

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

*Each exercise is 30 seconds long with a 10 second break after every 2 exercises. Give yourself a 60 second break before moving on to the next round. Complete as many reps as you can do **correctly** within each 30 second time frame. Feel free to repeat the round before moving on for increased difficulty!*

Days 1, 3 & 5

Round 1 (Legs)

- 30 second squats onto couch/chair
- 30 second alternating front lunges (in place)
- 10 SECOND BREAK
- 30 second alternating backward lunges (in place)
- 30 second squats onto couch/chair
- 10 SECOND BREAK
- 1 minute wall sit
- 10 SECOND BREAK
- 30 second alternating side lunges
- 30 second burpees (straight jump, squat to push up position, jump feet into squat, repeat)
- 30 second bridge/hip lifts (on back with bent knees)

Round 2 (Arms)

- 30 second elbows out push ups
- 30 second push up shoulder taps
- 10 SECOND BREAK
- 30 second elbows in push ups
- 30 second up, up, down, down (from push up position to plank, back to push up)
- 10 SECOND BREAK
- 1 minute plank hold
- 10 SECOND BREAK
- 30 second dips off couch/chair
- 30 second hershey kiss/piked push ups
- 30 second reverse plank hold (elbows down)

Round 3 (Core)

- 30 second hollow rocks
- 30 second lemon squeezes (from hollow position to bend knees tuck, back to hollow)
- 10 SECOND BREAK
- 30 second tight arch ups
- 30 second tight arch hold
- 10 SECOND BREAK
- 30 second alternating v-ups
- 30 second butt ups
- 10 SECOND BREAK
- 30 second russian twists (seated position, legs bent in front, reach side to side)
- 30 second butterfly sit ups (laying back, legs in a butterfly, crunch forward reaching for feet)
- 30 second bicycle crunches

Day 2- Yoga!

- Use this youtube link to guide you through a yoga session!
<https://www.youtube.com/watch?v=GLy2rYHwUqY>

Day 4- Barre!

- Use this youtube link to guide you through a no equipment needed Barre workout!
<https://www.youtube.com/watch?v=sAapLQCASOE>

DISCLAIMER

Central Bucks Gymnastics 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.