



**Xcel and Junior Olympic (Compulsory) Programs**  
**At-Home Strength, Flexibility and Conditioning Guide**  
**4/13/2020**

**Weekly Challenge** - Running/walking for time

*Pick 3 days this week to run/fast walk outside or on a treadmill for about 10-15 minutes. Follow the guide below for each day.*

**Day 1-** Repeat 3x

1 minute walk  
2 minute jog  
15 second sprint

**Day 2-** Repeat 3x

30 second walk  
3 minute jog  
15 second sprint

**Day 3-** Repeat 3x

1 minute walk  
2 minute jog  
30 second sprint

**Cardio Warm Up**

- 100 jumping jacks
- 50 high knee runs (in place)
- 50 bottom kick runs (in place)
- 20 squat jumps
- 20 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 10 times
- Bridge #2- Hold for 10 seconds and jump feet 10 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. 2 minute plank hold
3. 50 rockers in each direction
4. 50 toe raises and flexes off ledge
5. 10 levers on each leg
6. 10 kicks in each direction on both legs

## **Strength/Conditioning**

*Complete each round TWICE before moving on. Give yourself a 30 second break before repeating the round and a 60 second break before moving on to the next round. Complete as many reps as you can do **correctly** within each time frame.*

### **Days 1, 3 & 5**

#### **Round 1 (Legs)**

- 30 second squats onto couch/chair
- 20 second sumo squat hold (bent knee squat hold)
- 10 second sumo squat pulses
- 10 SECOND BREAK
- 30 second doggy pees/fire hydrants with right leg
- 30 second doggy pees/fire hydrants with left leg
- 30 second bridge/hip lifts (on back with bent knees)
- 10 SECOND BREAK
- 30 second burpees (straight jump, squat to push up position, jump feet into squat, repeat)
- 20 second jump lunges
- 10 squat jumps
- 10 SECOND BREAK
- 1 minute wall sit

#### **Round 2 (Arms)**

- 30 second plank hold
- 20 second plank with hip dips (alternating leaning one hip to the ground one each side)
- 10 second plank hold jumping jacks with feet
- 10 SECOND BREAK
- 30 second elbows out push ups
- 20 second push up hold with shoulder taps
- 10 second up, up, down, down (from push up position to plank, back to push up)

- 10 SECOND BREAK
- 30 second inchworms to 1 push up (in place- walk hands out and back up)
- 20 second hershey kiss/piked push ups
- 10 second push ups (add a clap in between each push up for more difficulty!)

### **Round 3 (Core)**

- 30 second v-ups
- 20 second bicycle crunches
- 10 second hollow hold
- 10 SECOND BREAK
- 30 second plank hold
- 20 second tight arch ups
- 10 second tight arch hold
- 10 SECOND BREAK
- 30 second spider plank (hold a plank position and bring one knee to your elbow, repeat other side)
- 20 second russian twists (seated position, legs bent in front, reach side to side)
- 10 second penguin sit ups (lay on back with knees bent and feet on the floor, alternate reaching to each foot)

### **Day 2- (Full body, no equipment needed)**

- Use this youtube link to guide you through a no equipment needed workout!  
<https://www.youtube.com/watch?v=r3AAdEFVNM>

### **Day 4- (Yoga)**

- Use this youtube link to guide you through a yoga session!  
<https://www.youtube.com/watch?v=b1H3xO3x Js>

### ***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.*