



Xcel and Junior Olympic (Compulsory) Programs
At-Home Strength, Flexibility and Conditioning Guide
4/20/2020

Weekly Challenge - Running/walking for time (AGAIN)

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 sequences on days 1 and 3 **TWICE**. Give yourself a 60 second break before repeating the round. Complete as many reps as you can do **correctly** within each time frame.

Day 1 (Full body) x2

- 30 minute jumping jacks
- 30 second elbows out push ups
- 30 second v-ups
- 30 minute jumping jacks
- 30 second side crunches to the right (bend knees to the side and reach for feet)
- 30 second sides crunches to the left
- 30 minute jumping jacks
- 30 second hershey kiss push ups (piked position, triangle with your hands, lower forehead to triangle)
- 30 second shoulder taps in push up position
- 30 minute jumping jacks
- 30 second crunches
- 30 second penguin sit ups (lay on back with bend knees, reach side to side to feet)

Day 2- (Yoga)

- Use this youtube link to guide you through a yoga session!
<https://www.youtube.com/watch?v=jHZPtn15agE>

Day 3 (Full body) x2

- 30 second tuck burpees (tuck jump, squat down, jump to pushup position, jump to squat and back to tuck jump) NO PUSH UP
- 30 second russian twists (sit up with legs tucked in front, reach side to side)
- 30 second elbows in push ups
- 30 second wall sit
- 30 second tuck burpees
- 30 second leg lowers (lay on back with legs straight up, lower legs to 6 inches off ground and raise back up. Keep arms out to side)
- 30 second jump lunges
- 30 second plank twists (dips one hip to the floor and switch)
- 30 second tuck burpees

- 30 second lemon squeezes (hollow to tuck, back to hollow)
- 30 second arch rockers
- 30 second tight arch hold

Day - 4 (Guided, no equipment needed)

- Use this youtube link to guide you through a no equipment needed workout!
<https://www.youtube.com/watch?v=g1E2Tasqog4>

Day 5 (Dance throughs/shaping/injury prevention)

Round 1

- 30 second hollow/arch holds
- 50 'ups' in each direction
- 1 minute push up hold
- 3 alphabets with each foot
- 3 alphabets with each hand
- 100 calf raises
- 100 toe flexes
- 25 hamstring lowers (kneeling with feet under support, lower down to the floor to a pushup and lift back up with flat hips)

Round 2

- 5 beam dance throughs (the best you can, NO skills)
- 1 floor dance through (the best you can, NO skills)
- 3 visual routines on each event (vault, bars, beam, floor)

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.