



Xcel and Junior Olympic (Compulsory) Programs
At-Home Strength, Flexibility and Conditioning Guide
4/27/2020

Weekly Challenge - Guided Meditation

Use the links below to help guide you through a 3 part meditation journey. Challenge yourself to push through any boredom, awkward or uncomfortable feelings to finish all 3 parts!

Day 1 <https://www.youtube.com/watch?v=KQOAVZew5l8>

Day 2 <https://www.youtube.com/watch?v=0eKD-mDa3CA>

Day 3 <https://www.youtube.com/watch?v=zFotlhvCzWc>

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

On **days 1 and 4**, pick one option to be done on one day and one on the other. Complete the circuit on **day 3**, twice. Enjoy yoga on **day 2** and injury prevention/dance on **day 5**.

Day 1 (Pick one option and do the other on Day 4)

Option 1- Run

- 1 minute warmup walk

- 1 minute jog
- 15 second sprint
- 30 second walk
- 15 second sprint
- 1 minute jog

- 30 second walk

- 1 minute jog
- 15 second sprint
- 30 second walk
- 15 second sprint
- 1 minute jog

- 30 second walk

- 1 minute jog
- 15 second sprint
- 30 second walk
- 15 second sprint
- 1 minute jog

- 2 minute cool down walk

Option 2- Circuit x2

- 30 second jumping jacks

- 30 second jump lunges
- 30 second sumo jumps (legs shoulder width apart, knees bent, jump to straight jump with legs together, land back in sumo squat position)
- 30 second wall sit
 - *10 second break
- 30 second fire hydrants right (on hands and knees, lift bent leg to the side)
- 30 second fire hydrants left
- 30 second heel presses right (on hands and knees, lift bent leg up to the back pressing heel up toward the ceiling)
- 30 second heel presses left
 - *10 second break
- 30 second squat jumps
- 30 second standing lunges forward
- 30 second standing lunges backward
- 30 second wall sit

Day 2- (Yoga)

- Use this youtube link to guide you through a yoga session!
https://www.youtube.com/watch?v=2xFteT2_V0

Day 3 x2

- 1 minute arms out hold
- 15 second little circles forward
- 15 second little circle backward
- 30 second arms out hold
 - *30 second break
- 30 second hollow hold
- 30 second tight arch hold
- 30 second bicycles
- 30 second butt ups
- 30 second russian twists (sitting straight up with bent knees, reach side to side)
 - *30 second break
- 1 minute plank
- 30 second up, up, down down (plank, walk hands to pushup position & back to plank)
- 30 second plank hip dips (dip hips down to the floor on both sides)
- 30 second plank hold
 - * 30 second break
- 1 minute handstand
- 30 second elbows out push ups
- 30 second hershey kiss push ups (piked push up position, make a triangle with your hands)
- 30 second dips

Day 4- SEE DAY 1!

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.