



Xcel and Junior Olympic (Compulsory) Programs

At-Home Strength, Flexibility and Conditioning Guide

5/4/2020

Weekly Challenge - 7 Minute Meditation & 5 Minute Morning Yoga

The past few weeks, there has been practice with yoga and meditation. Challenge yourself to 2 quick sessions on yoga and meditation every morning. This should take no more than 15 minutes total but the effects can last all day! See how many mornings you can complete both!

Meditation- <https://www.youtube.com/watch?v=k0PSUDvLi8E>

Yoga- <https://www.youtube.com/watch?v=4C-gxOE0j7s>

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 days 1 and 4, 2 times each circuit. Complete 3 rounds on Day 3 with only 15 seconds in between each round! Enjoy a pilates workout on Day 2 and injury prevention/dance on day 5.

Day 1 (Complete 2x)

- 30 second plank
- 30 second v-ups
- 30 second tight arch hold
- 30 second plank dips to each side
- 30 second butt ups
- 30 second toe touches (lay on back with feet to the ceiling, reach for toes)
- 30 second plank
- 30 second penguin sit ups
- 30 second tight arch rockers
- 30 second plank dips
- 30 second bicycles
- 30 second lower body tight arch lifts
- 30 second plank

Day 2

- Use this youtube link to guide you through a full body pilates cardio workout!

<https://www.youtube.com/watch?v=amCAXuyxqgU&t=128s>

Day 3 (Complete 3x, 15 seconds between each sound)

- 30 minute jumping jacks
- 5 split jumps on each leg to good landing (take your time to do them right)
- 30 minute high knee run in place
- 7 straddle jumps to good landing (take your time to do them right)
- 30 minute butt kick run in place
- 15 second passe hold on each leg

Day 4 (Complete 2x)

- 30 second jumping jacks
- 30 second squat jumps
- 30 second elbows out push ups
- 30 second butterfly sit up (lay on back with legs in butterfly, reach forward toward feet)
- 30 second jumping jacks
- 30 second jump lunges
- 30 second dips off ledge
- 30 second tight arch ups
- 30 second jumping jacks
- 30 second handstand hold
- 30 second hollow rockers
- 30 minute wall sit

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.