



Xcel and Junior Olympic (Compulsory) Programs
At-Home Strength, Flexibility and Conditioning Guide
5/11/2020

Weekly Challenge - Over splits!

Challenge yourself to 3 days of oversplits this week. Find a comfortable ledge at least one foot off the floor. You can replace the over splits with regular splits during the daily flexibility warm up. Follow the guide below.

- 15 second gymnastics lunge
- 15 second lean back and flex (bent back leg, straight front leg, reaching past flexed foot)
- 90 second oversplit

*Repeat on the other leg, as well as two 30 straddles with each leg on the ledge.

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

Day 1 (Cardio)

- 2 minute warmup walk

Complete the below sequence 3 times

- 2 minute jog
- 10 second accelerated jog
- 10 second sprint!
- 30 second walk
- 10 jump lunges

- 2 minute cool down walk

Day 2 (Arms/Core)

- 30 seconds V-ups
- 15 seconds butt ups
*ten second break
- 30 second bicycles
- 15 second penguin sit ups (lay on back with bent knees, reach side to side reaching for feet)
*ten second break
- 30 second tight arch hold
- 15 second tight arch ups
*ten second break
- 30 second plank
- 15 second up, up, down, down (walk hands up and down from plank to push up position)
*ten second break
- 30 second elbows out push ups
- 15 second dips off ledge
*ten second break

- 30 second tight arch rocks
- 15 second lower body tight arch ups
*ten second break
- 30 second plank
- 15 second plank dips (side to side)
*ten second break
- 30 second alternating tight arch ups
- 15 second upper body tight arch ups

Round 2

While standing, hold arms out to the side. Make sure shoulders are dropped far from ears and shoulder blades are squeezed together.

- 30 second arms out straight to side, hold
- 15 second small arm circles backward
- 15 second small arm circles forward
- 15 second arms out hold
- 30 second arms straight FORWARD hold
- 15 second scissors to front (hold arms straight out and alternate crossing them over each other)
- 15 second arms out side hold

Day 3 (Cardio)

- 2 minute walking warm up

*Complete the below sequence 3 times!

- 30 second jog
- 5 second sprint
- 30 second jog
- 5 second sprint
- 30 second walk
- 7 squat jumps

- 3 minute cool down walk

Day 4

Round 1

- 30 seconds V-ups
- 15 seconds butt ups
*ten second break
- 30 second bicycles

- 15 second penguin sit ups (lay on back with bent knees, reach side to side reaching for feet)
*ten second break
- 30 second tight arch hold
- 15 second tight arch ups
*ten second break
- 30 second plank
- 15 second up, up, down, down (walk hands up and down from plank to push up position)
*ten second break
- 30 second elbows out push ups
- 15 second dips off ledge
*ten second break
- 30 second tight arch rocks
- 15 second lower body tight arch ups
*ten second break
- 30 second plank
- 15 second plank dips (side to side)
*ten second break
- 30 second alternating tight arch ups
- 15 second upper body tight arch ups

Round 2

While standing, hold arms out to the side. Make sure shoulders are dropped far from ears and shoulder blades are squeezed together.

- 30 second arms out straight to side, hold
- 15 second small arm circles backward
- 15 second small arm circles forward
- 15 second arms out hold
- 30 second arms straight FORWARD hold
- 15 second scissors to front (hold arms straight out and alternate crossing them over each other)
- 15 second arms out side hold

Day 5 (Dance/Injury Prevention)

- 3 alphabets with each foot
- 3 alphabets with each wrist
- 30 second pointed toes hold (sit in pike)
- 30 second flexed feet hold (sit in pike)
- 10 pike lifts on each leg (sit in pike with hands flat on floor, lift one leg up at a time)
- 10 piked lifts both legs together

- 10 straddle lifts on each leg (sit in straddle with hands flat in front, lift one leg up at a time)
- 10 straddle lifts both legs together
- 25 hamstring lowers (kneeling on knees with feet secured, lower upper body to floor and push back up)
- 15 split jumps on each side (take your time)
- 15 straddle jumps (take your time)
- 2 mental routines on each event
- 3 beam and floor dance throughs (NO SKILLS)

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.