



Xcel and Junior Olympic (Compulsory) Programs
At-Home Strength, Flexibility and Conditioning Guide
3/23/2020

Weekly Challenge - Wall Sit

Start on day 1 with a 30 second wall sit. Each day add 10 seconds to the total time. By the end of the week, challenge yourself to a 100 second (1 minute and 40 second) wall sit!

Cardio Warm Up

- 50 jumping jacks
- 25 high knees run (in place)
- 25 bottom kick run (in place)
- 10 squat jumps
- 10 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 5 times
- Bridge #2- Hold for 10 seconds and jump feet 5 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

Strength/Conditioning

Repeat each round 2 times through before moving to the next.

Round 1 – Vault

1. 12 handstand shoulder shrugs against wall
2. 7 long jumps forward AND backward
3. 5 handstand shoulder taps (each arm)
4. 7 star jumps (squat to straddle jump, back to squat)

Round 2 – Bars

1. 1 minute handstand hold against wall (stomach to wall)
2. 25 rockers in each direction
3. 25 v-ups
4. 10 dips off ledge

Round 3 – Beam

1. 25 releve lifts off step
2. 25 flexes off step
3. 10 kicks in each direction in releve each leg
4. 1 minute releve hold each leg (30 seconds arms up, 30 seconds arms out)

Round 4 – Floor

1. 7 levers each leg (lunge to lunge)
2. 7 levers each leg (kneel to kneel)
3. 7 levers each leg (releve to releve)
4. 30 second push up hold & 7 pushups

DISCLAIMER

Central Bucks Gymnastic 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.