



**Xcel and Junior Olympic (Compulsory) Programs**  
**At-Home Strength, Flexibility and Conditioning Guide**  
**5/28/2020**

**Weekly Challenge - Presses...continued!**

Each day, complete the following list. Notice the improvement in your press by the end of the week!

- 20 leg lifts in piked position (in seated position, lift only legs on the ground)
- 20 second piked press hold
- 20 leg lifts in straddle position
- 20 second straddle press hold
- 20 second tuck hold in push up position (start in push up, slide legs in and tuck knees, use toes on the floor as a guide if needed)
- 5 handstand straddle down, touch toes, and straddle back to handstand
- 5 slide up presses
- 5 straddle presses (Use a ledge if needed. Bring legs back to push, up to a straddle stand or up to a handstand!)

**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 (Vault/Bars)**

- 25 knees up in place
- 25 butt kicks in place

10 SECOND BREAK

- 25 left leg hops
- 25 right leg hops

10 SECOND BREAK

- 25 jump lunges (total)
- 10 squat jumps

10 SECOND BREAK

- 12 walking lunges forward (total)
- 12 sumo jumps (start in squat with feet apart, jump to bring your feet together and land back in sumo hold)

10 SECOND BREAK

- 12 walking lunges backward (total)
- 30 minute wall sit

\*2 MINUTE BREAK

- 1 minute handstand hold
- 20 handstand shoulder taps (total)

10 SECOND BREAK

- 20 pushup shoulder taps (total)
- 30 minute wiggle out to rainbow hold

10 SECOND BREAK

- 20 dips
- 20 second hollow hold

10 SECOND BREAK

- 20 tight arch lifts
- 20 second tight arch hold

10 SECOND BREAK

- 30 minute plank
- 20 plank dips (total)

## Day 2 (HIIT Workout!)

[https://youtu.be/bdCX8Nb\\_2Mg](https://youtu.be/bdCX8Nb_2Mg)

## Day 3 (Beam/Floor)

- 25 releve lifts off ledge in all three positions (forward, turned out, turned in)
- 25 flexes off ledge in all three positions
- 1 minute releve hold arms out with both feet in front
- 30 second releve hold arms up with both feet in front (eyes closed!)
- 7 repetitions of releve, forced arched, demi plie with both legs in front
- 7 straight, tuck, each leg split and straddle landing in demi plie
- 7 levers on each leg in all three landing shapes (lunge, kneel, releve lock)
- 3 mental beam and floor routines
- 1 beam and floor routine with choreography only!
- 1 minute over split on each leg and straddle

## Day 4 (Full Body)

- 30 second jumping jacks
- 3 burpees (no push up)
- 20 second elbows out push ups
- 20 second inchworm walks in place (walk hands to feet and then back out)
- 30 second jumping jacks
- 3 burpees
- 20 second bicycles
- 20 second toe touches (laying on back, feet to the ceiling, reach for toes)
- 30 second jumping jacks
- 3 burpees
- 20 second dips
- 20 second up, up, down, down, plank
- 30 second jumping jacks
- 3 burpees

**\*2 minute break, then repeat!**

## Day 5 (Cardio/Injury Prevention)

### Round 1

- 1 minute (pretend) jump rope
  - 2 minute jog
  - 15 second accelerated jog/sprint
  - 1 minute jumping jacks
  - 2 minute jog
  - 15 second accelerated jog/sprint
  - 1 minute walk
- \*REPEAT right away!

### Round 2

- 3 wrist alphabets with each hand
- 3 ankle alphabets with each foot
- 25 toe raises
- 25 flexes
- 20 hamstring lowers
- 25 doggy pees/fire hydrants with both legs
- 25 second bridge/hip lifts (on back with bent knees)

## Day 6 (YOGA)

<https://www.youtube.com/watch?v=H4dVbaLqg84>

## Day 7 (Full Body)

- 30 second v-ups
- 20 second bicycle crunches
- 10 second hollow hold

10 SECOND BREAK

- 30 second plank hold
- 20 second tight arch ups
- 10 second tight arch hold

10 SECOND BREAK

- 30 second spider plank (hold a plank position and bring one knee to your elbow, repeat other side)
- 20 second russian twists (seated position, legs bent in front, reach side to side)
- 10 second penguin sit ups (lay on back with knees bent and feet on the floor, alternate reaching to each foot)

10 SECOND BREAK

- 30 second alternating elbows out/in push ups
- 20 second inchworm to hershey kiss pushups (start in push up, walk hands back, hershey kiss pushup, walk hands back to pushups)
- 10 second rainbow hold

10 SECOND BREAK

- 30 second fire hydrant/doggy pees left leg
- 20 second fire hydrant/doggy pees left right
- 10 second tight arch hold

10 SECOND BREAK

- 30 second elbows in push ups
- 20 second bridge lifts
- 10 second push up claps

10 SECOND BREAK

- 30 second dips off ledge
- 30 second reverse plank hold off couch/ledge
- 10 second squat jumps

**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.*