



Xcel and Junior Olympic (Compulsory) Programs
At-Home Strength, Flexibility and Conditioning Guide
5/18/2020

Weekly Challenge - Presses

Pick 3 days this week and attempt at least 5 slide up presses and straddle presses! For each straddle press, hold for as long as you can, bring it to push up position, lift up to a stand or take it all the way 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

Round 1

- 10 minute jog or jump rope

Round 2 (2x through, 2 minute break in between!)

- 30 second v-ups
- 30 second dips

*10 second break

- 30 second elbows out push ups
- 30 second tight arch rockers

*10 second break

- 30 second bicycles
- 30 second plank hold

*10 second break

- 30 second elbows out push ups
- 30 second penguin sit ups (reaching side to side)

*10 second break

- 30 second hollow hold
- 30 second tight arch hold
- 30 second plank

Day 2

Round 1

- 30 second jumping jacks
- 30 second sumo squat jumps (squat hold, jump to bring legs together, back to sumo hold)
- 15 second quick high knees runs in place
- 30 second jumping jacks
- 30 second jump lunges
- 15 second quick high knees runs in place
- 30 second minute jumping jacks
- 30 second alternating side lunges
- 15 second quick high knees runs in place

- 30 second jumping jacks
- 30 second curtsey lunges (step left leg behind right leg and to the side and bend both knees resembling a curtsey position, repeat on other leg)
- 15 second quick high knees runs in place
- 30 second jumping jacks
- 30 second burpees to pushup with tuck jump
- 15 second quick high knees runs in place

Round 2

*Sitting in a pike with arms straight

- 15 left leg lifts
- 15 right leg lifts
- 15 both leg lifts
- 15 second piked press hold

*Sitting in a straddle with arms straight in middle

- 15 left leg lifts
- 15 right leg lifts
- 15 both leg lifts
- 15 second straddle press hold

Day 3

Enjoy this Full body workout from PopSugar Fitness

<https://www.youtube.com/watch?v=05fCNM9f0ic>

Day 4

Round 1

- 10 minute jog or jump rope

Round 2 (2x through, 2 minute break in between!)

- 30 second v-ups
- 30 second dips

*10 second break

- 30 second elbows out push ups
- 30 second tight arch rockers

*10 second break

- 30 second bicycles
- 30 second plank hold

*10 second break

- 30 second elbows out push ups
- 30 second penguin sit ups (reaching side to side)

*10 second break

- 30 second hollow hold
- 30 second tight arch hold

- 30 second plank

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.