



Xcel and Junior Olympic (Compulsory) Programs
At-Home Strength, Flexibility and Conditioning Guide
6/28/2020

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- Full Body

- 30 second burpees
- 30 second toe touches (lay on back with feet to ceiling, reach for toes)
- 30 second push up position hold

*30 second break

- 30 second jump lunges
- 30 second tight arch rockers
- 30 second handstand hold

*30 second break

- 30 second squat jumps
- 30 second bicycle crunches
- 30 second alternating elbows in/out push ups

*30 second break

- 15 second one leg walk sit (each leg)
- 30 second v-ups
- 15 second push up claps

Day 2- Core/Arms

Circuit 1-

- 30 second arms out hold (shoulders dropped!)
- 30 second mini arm circles backward
- 30 second arms out hold
- 30 second mini arm circles forward

*30 second break

- 2 x 7 elbows out push ups
- 2 x 7 elbows in push ups
- 2 x 7 hershey kiss push ups (piked pushup position & make a diamond with your hands)
- 2 x 7 dips

(Finish one set of all exercises before repeating. Focus on good shape & take breaks when necessary)

Circuit 2-

- 15 hollow rockers each direction
- 2 x 15 v-ups
- 2 x 15 butt ups
- 2 x 15 butterfly sit ups
- 2 x 15 penguin sit ups (reaching side to side)
- 2 x 15 second tight arch hold
- 2 x 15 tight arch ups

(Finish one set of all exercises before repeating. Focus on good shape & take breaks when necessary)

Day 3- Cardio (Jump rope)

If you do not have a jump rope, do all of the exercises without one (pretend).

- 1 minute jump
- 30 second jack jump (jump to straddle, back together)
- 30 second high knee run in place with rope (try your best!)
- 30 second wall sit

*1 minute break if needed

- 1 minute jump
- 30 second scissor jump (one leg front, one leg back)
- 30 second kick bottom in place
- 30 second wall sit

*1 minute break if needed

- 30 second speed jump
- 1 minute backward jump
- 10 second 1 leg wall sit (both legs)

Day 4- Shaping/Injury Prevention/Flexibility

Circuit 1-

- 30 second plank
- 30 second plank hip dips (side to side)

*30 second break if needed (FOCUS ON GOOD SHAPE)

- 30 second plank
- 30 second plank jacks

*30 second break if needed (FOCUS ON GOOD SHAPE)

- 30 second plank
- 30 second up, up, down, down,

Circuit 2-

- 25 calf raises all three positions (toes turned out, forward and in)
- 25 flexes all three positions (toes turned out, forward and in)
- 30 second heel stretch off ledge (each foot)
- 25 hamstring lowers
- 3 wrist stretches
- 3 wrist alphabets each hand
- 3 ankle alphabets

Circuit 3-

- 1 minute oversplit each leg and straddle
- 1 minute air straddle (arms out)
- 3 shoulder stretches of your choice

Day 5- Full Body

<https://www.youtube.com/watch?v=CBWQGb4LyAM>

Day 6- Cardio (Run/Bike/Walk)

Choice an option below-

1. 20-30 minute fast paced walk/bike ride
2. 10-15 minute jog

Day 7- Flexibility/Dance

- 7 kicks in each direction on releve, coming back to lock position
- 7 lunges on each leg in all 3 positions (lunge, releve lock, kneel)
- 2 mental routines on each event
- 3 beam and floor dance throughs (no skills)

Oversplits (both legs)

- 1 minute over split
- 15 second lean forward
- 15 second lean back
- 15 second back knee up
- 1 minute slide to floor split
- 15 second arms out

Straddle

- 1 minute straddle right leg up
- 1 minute straddle left leg up
- 1 minute air straddle

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.