

Warm up for everyone week commencing Monday 1st June 2020:-

Usually in the gym we do a pulse raiser for about 5 or 6 minutes, so at home this could be:-

Running round the garden, going for a cycle ride around the block, maybe a very brisk walk or combination of everything, or how about dancing to your favourite music for 5 minutes.

Conditioning –

- Start from Standing, then crouch, rock backwards to shoulder stand (try and hold for 3 secs), then rock forwards to stand again – repeat 5, 10 or 15
- Arch lifts – lie flat on tummy, lift up arms and legs and hold for 3 secs before lowering down (not dropping), - repeat 5 or 10 or 15
- Standing up with hand on a wall or chair to help balance, lift a straight leg up and down in a forwards direction, then sideways, then backwards. Repeat this on the other leg. Do either 5 or 10 or 15
- Sitting on bottom with feet held, do fast sit ups – 10, 20 or 30
- Squats – start in a standing position, arms in front, squat down, then as you stand up again, squeeze bottom tightly. Repeat this 5 or 10 or 15
- Front support or plank hold for 20, 40 or 60 secs
- Triceps dips with hands on the bottom or second stair – do 10 or 15 or 20

Now, what you can do with the above is do 2 sets of each with a 30secs break in-between. Starting at the top and working down. Or do the whole list, then have 2 mins rest and do it all over again.

Perhaps do the above list just once, but repeat it 3 times in all this week.

Flexibility below

Please do NOT push them into a stretch, this is for them to learn to do it themselves, with guidance from yourselves in a supervisory role.

Flexibility for all

1. Do this walking around the room or in the garden (if not enough space, stand with feet apart) – turn head to the left, then slowly to the right, back to the left, back to the right
2. Look down with chin on chest hold for 3secs, then up to the ceiling, back down for 3secs
3. Lift those shoulders and make them go backwards in circles x 5 for younger, x 8 for older
4. Now shoulders forwards x 5 or 8
5. Hands on shoulders, try to keep tummy tight then make those elbows go forwards x 5 each way or 8
6. Stand still with feet apart – one hand on hip the other arm stretch up and glue to ear, now stretch sideways (not forwards, not backwards) hold for 12 secs or 15secs
7. Repeat on other side
8. Both hands on hips, lean backwards as much as possible without falling over, look at ceiling, hold for just 5 secs for all
9. Lean forwards to make a flat back like a table top hold for 5 secs then....
10. Slowly reach those hands towards feet, keeping legs straight and hold for 12 or 15 secs
11. Stand tall and bring feet together, keep arms straight and fold down towards the floor again and hold for 12 or 15 secs
12. Now shake everything out
13. Sit on bottom in Pike shape and arms in stretched in front too – make those feet go round and those hands go up and down
14. Then wiggle those feet up and down and makes those hands go round and round
15. Sit with one leg straight, but the other bent with foot close to the knee on the straight leg. Hold onto the ankle or the foot of the straight leg and fold down holding for 12 or 15secs, repeat this on the other leg and repeat again twice more on both legs
16. Bring feet together into butterfly stretch – bounce knees first half a dozen times – now push the knees down to the floor as much as possible and lean forwards and hold for 12 secs. Shake legs
17. Into seal stretch first, then cat, then seal, then cat, for 12 or 15 secs each
18. If capable on own – push to bridge and hold for 10 or 12 secs. Parents can support with hands under gymnasts back to make sure head is not touching the floor
19. Repeat
20. Try Bridge leg lifts only if gymnasts can do bridge on own – lift each leg x 3 or 5 keeping it straight the whole time.
21. See the Separate sheet for front split work