

## **Warm up for everyone week commencing Monday 18<sup>th</sup> May 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/stretch work –**

- Mountain Climbs - jump in between as you swap legs x 10
  - Long jumps with arm by your ears x 5, 10, or 15
  - Step hurdle freeze x 5
  - Step, Lunge T-balance hold x 10secs
  - V-Sits x 5, 10 or 15
  - Front support bounces, if confident bounce hands on to a higher surface x 5, 10 or 15
  - Long dish hold 10-20 seconds
- Repeat above x 3 with a 30secs rest in-between each set

We would **LOVE** to see the gymnasts efforts in doing the above, so send in some photo's or video's and we'll make a compilation of them all to show on the private Upstarts page of everyone doing this and getting involved.

## **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. Straight arms going backwards, try to keep tummy tight then 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 poss 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 fold those arms and lean down towards the floor, keeping legs straight and hold for 12 or 15 secs
11. Stand tall and bring feet together, keep arms folded 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 – point toes down and hold for 5, point toes up and hold for 5 then repeat
14. Stay in pike with legs straight, reach down as far as possible (ankles, feet, toes, beyond) and hold for 12 or 15 secs, shake legs and repeat
15. Sit in straddle, reach forwards keeping those legs straight as much as possible, hold for 12 or 15secs, shake legs and repeat
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. Sitting in pike again, roll the feet round and round and at the same time can they make their hands go up and down like a paint brush painting the wall – swap over
18. Into seal stretch first, then cat, then seal, then cat, for 12 or 15 secs each
19. 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
20. Repeat
21. 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.
22. See the Separate sheet for front split work

That's it for this week. You could do the conditioning 2 or 3 times with the flexibility every day if they want to.