GREATER BUFFALO GYMNASTICS & FITNESS CENTER

GIRLS & BOYS BEGINNER

Warm-up							
Jumping Jacks		10					
Single Leg Hops		5/leg					
Standing Pike Stretch		10 seconds					
Ankle Rolls (each ankle forward and backward)		10 seconds					
Ankle Walks (Point one foot, Flex the other and switch)		10 seconds					
Butterfly		10 seconds					
Sitting Straddle stretch to right		5 seconds					
Sitting Straddle stretch to left		5 seconds					
Sitting Straddle stretch to center		10 seconds					
Right Leg Triangle		5 seconds					
Right Leg Lunge		5 seconds					
Right Leg Split		X					
Left Leg Triangle		5 seconds					
Left Leg Lunge		5 seconds					
Left Leg Split		X					
Seal Stretch		10 seconds					
Cat Stretch		10 seconds					
Cross one arm over chest (both arms)		5 seconds					
One arm behind your head (both arms)		5 seconds					
Shoulder stretch arms behind you and straight		5 seconds					
Bridge		5 seconds					
Tuck and Roll To Stand		5					
Vault							
High Knees		10 seconds					
Butt Kickers		10 seconds					
Frog Jumps		10 seconds					
Single Foot hops		10 seconds/leg					
Stationary Donkey Kicks		10 seconds					
Running in Place		10 seconds					
Lunge jump to 2 feet		10					
Bars/Parallel Bars							
Push-ups (Feet on couch if possible)		3					
Mad-cat holds		10 seconds					
Plank holds on Elbows		15 seconds					
Tuck/V-ups		10					
Inchworms		10					

"I" "Y" "T" Lifts		6 per arm					
Seated Tuck/Pike/Straddle Holds		10 seconds					
Beam							
Releve walks		10 seconds					
Kicks in releve (Forward, Backword, Sideways)		10 seconds					
Passe walks in releve		10 seconds					
Single leg hops with other leg at horizontal		5/leg					
Pivot Turns		10					
Heel Snap Turns		10					
Lunge-T-Lever (Holding soft object over head)		10 seconds/leg					
Single leg balancing on releve (Be creative with alternate leg positions!		5 seconds					
Floor							
Lunge - T- Lever - T - Tight lock position		7 favorite leg					
Lunge - T - Handstand at wall		X					
Candle Stick to Stand and Straight Jump		10					
Tuck Jumps		10					
Straddle Jumps		10					
Split Jumps		10					
Sissone Jumps		10					
Jump 1/2 or Full Turns		7 per side					
Pommel/Mushroom							
Seal Stretch arm circles		10 / arm					
Front plank on hands, feet on couch		10 seconds					
Side planks on hands		10 seconds					
Side plank dips		X					
Slider walks with a towel		10 walks / hand forward					
Rear support		10 seconds					
Rear support arm lifts		X					
Plank rolls (feet on a couch if possible)		5 / side					
Strength							
Calf raises off a stair		10					
Air Squats		10					
Lunges		10 / leg					
Sit-ups		10					
Cherry Pickers (Russian Twists)		10 per side					
Hollow Hold		10 seconds					
Superman Lifts		10					