GREATER BUFFALO GYMNASTICS & FITNESS CENTER

GIRLS & BOYS BEGINNER

Warm-up						
Jumping Jacks		15				
Single Leg Hops		7/leg				
Arm circles (forward, backwards, side to side)		10 seconds/each				
Standing Pike Stretch		15 seconds				
Ankle Rolls (each ankle forward and backward)		10 seconds				
Ankle Walks (Point one foot, Flex the other and switch)		10 seconds				
Butterfly		15 seconds				
Sitting Straddle stretch to right		10 seconds				
Sitting Straddle stretch to left		10 seconds				
Sitting Straddle stretch to center		15 seconds				
Right Leg Triangle		10 seconds				
Right Leg Lunge		10 seconds				
Right Leg Split		X				
Left Leg Triangle		10 seconds				
Left Leg Lunge		10 seconds				
Left Leg Split		X				
Seal Stretch		15 seconds				
Cat Stretch		15 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		10 seconds				
Bridge		5 seconds				
Tuck and Roll To Stand		5				
Vault						
High Knees		15 seconds				
Butt Kickers		15 seconds				
Skipping		15 seconds				
Bunny hops		15 seconds				
Stationary Donkey Kicks		10 seconds				
Running in Place		15 seconds				
Lunge jump to 2 feet		10				
Tuck on, Straddle on, pike on position		2 each				
Bars/Parallel Bars						
Push-ups (Feet on couch if possible)		5				
Mad-cat holds		12 seconds				
Plank holds on Elbows		15 seconds				

Mountain climbers		15 seconds				
Inchworms		12				
"I" "Y" "T" Lifts		6 per arm				
Seated Tuck/Pike/Straddle Holds		12 seconds				
Beam						
Releve walks		15 seconds				
Kicks in releve (Forward, Backword, Sideways)		15 seconds				
Passe walks in releve		15 seconds				
Single leg hops with other leg at horizontal		7/leg				
Pivot Turns & squat turns		5/each				
Heel Snap Turns		12				
Lunge-T-Lever (Holding soft object over head)		12 seconds/leg				
Single leg balancing on releve (Be creative with alternate leg positions!		7 seconds				
Straight jumps (one foot in front of the other)		10				
Floor						
Lunge - T- Lever - T - Tight lock position		10 favorite leg				
Lunge - T - Handstand at wall		X				
Candle Stick to Stand and Straight Jump		12				
Tuck Jumps		12				
Straddle Jumps		12				
Split Jumps		12				
Sissone Jumps		12				
Jump 1/2 or Full Turns		8 per side				
Pommel/Mushroom						
Seal Stretch arm circles		12/arm				
Front plank on hands, feet on couch		12 seconds				
Side planks on hands		12 seconds				
Side plank dips		X				
Slider walks with a towel		12 walks/hand forward				
Rear support		12 seconds				
Rear support arm lifts		X				
Plank rolls (feet on a couch if possible)		7/side				
Strength						
Calf raises off a stair		12				
Air Squats		12				
Lunges		12/leg				
Sit-ups		12				
Cherry Pickers (Russian Twists)		12 per side				
Hollow Hold		12 seconds				
Superman Lifts		12				