

## FLEXIBILITY #3

Be sure you are doing these technically correct. The most benefit will come from being in the proper position and doing the exercise for the time that is listed. Mark the dates you complete the skills in the boxes provided.

Running in Place or Jumping Jacks	40 sec							
Wrists, ankles, and neck	45 sec							
Shoulders - arm circles, front to back and windmills	20 sec							
stretch-seated with fingers backwards, elbows bent	20 sec							
stretch-seated with fingers forward, elbows straight	20 sec							
Standing Pike - fingers forward, legs straight	30 sec							
-fingers backward, legs straight	30 sec							
Seated Pike - back flat, toes pointed	25 sec							
-toes flexed	25 sec							
Seated Pike with Heels Raised - Toes Flexed	30 sec							
Tucked Toe Point Hold	20 sec							
Piked Toe Point Hold	15 sec							
Straddle stretch right with right shoulder tucked under and on the knee, left arm over the head reaching the left hand to hold onto the right ankle	25 sec							
Above with straddle stretch to the left	25 sec							
Straddle stretch center, chest down, back flat, toes pointed	25 sec							
Right side - triangle, then lunge	20 sec each							
Right side split	35 sec							
Left side - triangle, then lunge	20 sec each							
Left side split	35 sec							
Center Split	35 sec							
Bridge Rocks	10 times							
Bridge - shoulders over, legs tight x2	15 sec each							
Bridge - hands elevated if possible x2	15 sec each							
Tuck and roll x3, roll up to a stand, stick, TADA!!!								

For this next set of flexibility skills you are going to challenge yourself. For each exercise that you do, see if you can do more or hold it longer than the numbers that are already filled in. Then put your new numbers in the column instead of a checkmark. See if you can increase your numbers. Set some goals and be proud of yourself when you achieve them!!!!

## PART SPECIFIC CIRCUITS

Pick a different circuit each time you workout. Do these with good form and technique so you receive the most benefit.

### Circuit #1 - Core/Shaping - 3 Times Through

Sit up lift to ceiling hold	10 hold the last one for 5 sec							
Arch-ups	10 hold the last one for 5 sec							
V-ups - arms next to ears	10							
Hollow Body Rocks	10							
Arch Rocks	10							
Hollow Pulses - Top 1/2 then bottom 1/2	10 each							
Plank Holds	15 sec							
Side Plank Hold on Right Forearm	15 sec							
Side Plank Hold on Left Forearm	15 sec							

### Circuit #2 - Legs Endurance - 3 Times Through

Frog Jumps	16							
Wall Sit	35 sec							
Candlestick Jump Up to Stick	16							
Wall Sit	35 sec							
Squat Jumps	16							
Wall Sit	35 sec							
Lunge Switches	16							
Tuck Jump, Straddle Jump, Split Jump Right, Split Jump Left	Series x3							

### Circuit #3 - Arms/Shoulders - 3 Times Through

Push-ups	10							
Down Down Up Up (Begin in a Push-up)	16							
Wide Arm Push-ups	8							
1/2 Push-up with 2 second hold	10							
Handstand Against Wall	40 sec							
Handstand Shoulder Taps	N/A							
Dips with Arms on a Step	18							

Don't limit your challenges. Challenge you limits.

## SKILLS AND DRILLS

For Beam - Things you can do at home!

1. Handstands - Lunge, "T", handstand hold for 5 seconds, "T", lunge
2. Forward and backward releve walks - Arms in crown, chin on a shelf, shoulders down and back, hips flat, legs straight and turned out with heel up, toes pointed, focus forward
3. Sideward releve walks - arms are at side middle
4. Pivot turns - arms in crown, chin on a shelf, shoulders down and back, hips flat, legs straight and feet in lock, focus ahead. Do these to the right and left. Finish as tight as you started.
5. Arabesque - Do these on both legs. Arms at side middle, head and chest remain upright, support left is straight and turned out, back leg is extended up 45 degrees, toe pointed, keep hips square, hold for 3 seconds.
6. Brush steps - done by alternating your legs - keep head and chest up, arms side middle. Start standing on right, straight and flat, with left leg extended forward, straight, turned out and pointed. Lift left leg forward and upward to horizontal with toe pointed as right leg pushes off the beam (floor) to straighten with toe pointed full toe point off the beam. Brush steps go more upward than forward. Step down on left left and bring right leg forward to the next brush hop. Continue to do 3-5 on each leg.
7. Scale - Do on both legs. Arms at side middle. Chest is leaning forward to slightly above horizontal so that the back is arched, hips stay square, leg is straight, toes are pointed, hold for 3 seconds.