

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	1 min							
Head/Neck rolls - forward, side to side - and wrists	45 sec							
Shoulders - arm circles, front to back and windmills	45 sec							
stretch-seated with fingers forward and backwards	30 sec each							
Cat Stretch - right, left, center	15 sec each							
Seal Stretch	15 sec							
Pike - standing, fingers forward and backward	35 sec each							
- Seated, toes pointed and flexed	30 sec each							
- 5 pulses, hold the 5th for 15 sec	15 sec							
Toe point holds - tucked, piked	10 sec each							
Toe rises - single Right/Left 2 count holds	20 each							
Heel cord stretch legs straight	3 x 10 sec							
Heel cord stretch legs bent	3 x 10 sec							
**Front, side, back kicks flat, right and left	8 each							
**Front, side, back kicks releve, right and left	8 each							
Straddle stretch right - left arm over head, ear to knee, right shoulder under	20 sec							
Straddle stretch left - right arm over head, ear to knee, left shoulder under	20 sec							
Center Straddle stretch - back flat	30 sec							
Frog stretch - no arch, back is flat	20 sec							
Right side - triangle, lunge	15 sec each							
Right oversplit, leg up on pillows or mat	35 sec							
Left side - triangle, lunge	15 sec each							
Left oversplit, leg up on pillow or mat	35 sec							
Front needle against wall - right/left	20 sec each							
Back needle against wall - right/left	20 sec each							
Center split - knees up, toes pointed	30 sec							
Bridge Rocks	10							
Bridge - shoulders over, legs tight x1	15 sec							
Bridge - Feet elevated	10 sec							
- Hands elevated	10 sec							
Tuck and roll x 3, roll up to stand	TADA!!!							

DAILY CIRCUITS

Do these with good form and technique so you receive the most benefit.

AM Circuit - 3 Times Through								
Hollow Body Rocks	55							
Explosive Push-ups	18							
Lunge Switches	40							
Tuck-ups	50							
Push-up on Finger Tips	16							
Air Squats	40							
V-ups	35							
Push-ups with Arm Life at the bottom	17							
Frog Jumps	20							
Single leg alternating V-Ups	50							
PM Circuit - 3 Times Through								
Push-up 3 sec down then fast up	15							
V-ups with Lift	22							
Air Squats	50							
Push-up fast down 3 sec up	15							
Tuck-Ups with Lift	20							
Left & Right Single Leg Air Squats	20							
Push-up with 3 sec Hold at the bottom	15							
Single leg V-up with lift	22							
Lunge Pulse Left & Right	30							
Hollow Rocks	100							
Handstand Work - Done with AM & PM Circuit								
Handstand Hold	15 sec							
Press handstand hold 5 sec	10							
HS hold 5 sec lower to stand/L	8							
L sit press to pike stand	8							
1 min Handstand hold against wall	3							
Handstand Shoulder taps each arm	15							

Don't limit your challenges. Challenge you limits.

SKILLS AND DRILLS

For Beam - Things you can do at home!

Bean posture to remember: chin up, shoulders back and down, ribs up, butt under, hips flat. Legs should be straight, turned out, and toes/feet pointed. Hips and shoulders square. Focus ahead. And Smile!!

1. Handstands - Lunge, "T", handstand hold for 10 seconds, "T", to lunge, step-in, rebound x3 each
2. Forward and backward releve walks - Arms in crown
3. Sideward releve walks - arms are at side middle
4. Pivot turns - right and left - full releve lock x 10 each direction
5. Brush steps - full toe point off the beam, leg to horizontal, go up not forward
6. Turn prep drills - hold for 4, open for 3
7. 1/1, 1 1/2, and 2/1 turns - Pull up to full releve, do not step out too far. Open from the turn 1/4 out. Extend the free leg forward, straight and turned out. Step into a small demi plit open. Open with no arch in lower back. Hips flat, both legs locked and front foot turned out.
8. Jump jump jump leap set drills - x 10 hold for 3
9. Leaps to: Straight, tuck, straddle, split (both legs), and pike jumps x 5 each