

training level 3-6

Tuesday, September 28th

5:45-6:15 –

- warm up as a team
 - dynamic warm up
 - static stretches
 - activation
 - complex
 - press handstands (3x made or 5x attempts)
 - partner handstands (2x30 seconds)

6:15-6:45 –

- group 1: floor
- group 2: bars
- group 3: beam

6:45-7:15 –

- group 1: bars
- group 2: beam
- group 3: floor

7:15-7:45 –

- group 1: beam
- group 2: floor
- group 3: bars

5:15-5:45 –

- conditioning
 - floor cardio

Floor –

Once they finish the assignment they may have open/upgrades

- level 3 assignments (5 of each)
 - round off back handspring
 - handstand – bridge – kick over (no moving feet)
 - Heel snaps
 - Leap
 - Stretch jump – split jump
- Level 4 assignments (5 of each)
 - Round off two back handsprings
 - Front handspring stepout – cartwheel step in – back extension
 - Stretch jump 1/2
 - Back extensions
 - Half turns
- Level 5 assignments (5 each)
 - Front or side aerials
 - Front pass
 - Back pass
 - Stretch jump full
 - Switch leap
 - Back extensions

Beam –

- All training levels
 - Routines

Bars –

- Training level 3 (10 of each)
 - Station 1: first half of routine
 - Station 2: double back hip circle
 - Station 3: front hip circle – cast (with sponge)
 - Station 4: cast – squat on – stand (2 seconds)
 - Station 5: pull up pullover with legs pulling up with chin
- Level 4 (10 of each)
 - Station 1: first half
 - Station 2: kip – round cast
 - Station 3: squat on – jump with round ribs and straight legs
 - Station 4: long hang kips
 - Station 5: cast down – tap swing – dismount
 - Station 6: second half
- Level 5 (10 of each)

- Back extension to pushup with red roller
- Spotted laying down pull over the floor bar
- Quick long hang to underswing
- Swing thigh touches
- Spotted long hang pull overs

conditioning:

- Floor conditioning
 - Done as a constant rotation for 12 minutes, 5 minute break, 12 minute rotation
 - Corner 1: Cross tumble, choose strongest pass (not necessarily highest skill)
 - Side 1: walking lunges
 - Side 2: plyo jumps on panels
 - Side 3: handstand walks
 - Corner 2: leap series
 - Return back to original corner and start over