

Week 5: May 18th – May 21st Conditioning Exercises

(Pick any 2 days for Week 5 that you have completed ALL the below exercises per day)

Mon. Tues. Wed. Thur.

Upper Body Exercises (check the box for each exercise completed)

Complete “Handstands against a Wall” as described in “Things you can

do at home to improve your gymnastics” document

50 Thomas Touches

- Middle School gymnasts see YouTube link for video on what a Thomas touch looks like <https://www.youtube.com/watch?v=yQOv6nxeG0s>
- For Beginners, I would only recommend attempting a total of 10 Thomas Touches to start
- Each hand moved is a counting repetition, so 5 on each hand is a total of 10.

3 sets of 20 repetitions Push Ups

(It is more important to maintain a hollow and bend elbows to 90° than to make 20 reps in a set... Quality is always better than quantity)

10 Press Handstands (start from a straddle stand since we don't have the gym floor to lay

down on)

- Middle School Gymnasts see YouTube link for video on drills for a press handstand <https://www.youtube.com/watch?v=B27D08CCslw>
- JV & Varsity Gymnasts who don't currently have a press handstand should watch this and attempt these drills as well

3 sets of 10 Reverse Push Ups

- use an elevated surface such as a chair or table to put hands on ... looks like a dip except your body should be extended out straight in front of you
- do not allow your hips to drop when bending your arms for the reverse push up
- Suggested YouTube video examples
 - https://www.youtube.com/watch?v=v_8t2Lxor0c
 - <https://www.youtube.com/watch?v=AQhynAULAn8>

3 “30 seconds” Hollow Body Shape hold in Push Up position

- Watch the below YouTube video link for demonstration of the shape. Do Not DO the movements that are shown... Please stay stationary.

- <https://www.youtube.com/watch?v=rOTgyeOHVHA>

Core Exercises (check the box for each exercise completed)

3 sets of 20 Hollow Body Rocks

- <https://www.youtube.com/watch?v=rf2cyJQ7LrE>

3 sets of 20 Arch Body Rocks

- <https://www.youtube.com/watch?v=p7uoiwEvG14>

3 sets of 20 V-Ups

- <https://www.youtube.com/watch?v=UbrQcjCC1zs>

3 sets of 10 Side Sit-ups

- Lay flat on your Left/Right side, resting your head on the arm that is against the floor, and place your other hand on the floor & bending your arm for support. Simultaneously lift your arm that your head rests on and your legs to create an arch in your side & then return to the relaxed/reclining position on the floor; Be careful to not lift your head but instead the arm only. Your head should remain resting on the arm.
- See YouTube video with one exception; your head should rest on your arm
<https://www.youtube.com/watch?v=dTIL6REv7UQ>

Lower body Exercises (check the box for each exercise completed)

Toe Raises

- YouTube Video for Toe Raises in 3 different positions (straight, turned out, turned in)
 - <https://www.youtube.com/watch?v=-D06GqVZjiE>
- For more advanced training, you can use an elevated surface, so your heels hang off, like we do on beams or panel mats... you might be able to use the curb on the street to do this.

1 set of 25 with feet straight ahead

1 set of 25 with feet turned in towards each other

1 set of 25 with feet turned out away from each other

- 1 set of 25 on heels with toes hanging off elevated surface (pointing & flexing toes)

- 20 Gorilla Jumps (keep chest up & swing arms up when jumping up & swing down on landing)
- 10 reps Leg Kicks holding the 10th for 3 seconds (like we do as a group hanging onto the beams for balance... you may use a car, a wall, a chair, etc.)
 - Left Leg Front, Side, & Back
 - Right Leg Front, Side, & Back
- 3 repetitions at 1 minute each of Wall Sits (Legs bent at 90°, hands by your side)