

Level 1 - Spring B - Week 1/3

Warm-up - 2 minutes

1. 1 lap running
2. 1 lap skipping
3. 1 lap sashay
4. 1 lap running forward with large arm circle

Lanes: 3 Minutes: FOCUS ON FORM!

Stretching/Flexibility - 15 minutes - hold each skill 5 seconds unless noted otherwise

Vault and Jumps - 15 minutes

Line up group **Complete jump work before moving onto vault - 5 minutes*

1. Straight jump to safe landing position - 10x
2. Tuck jump to safe landing position - 5x
3. Star jump (intro to straddle) to safe landing position - 5x

Vault - 10 minutes - 1 minutes each station/3x

1. Lane 1: Hula Hoop/block- start outside hula hoop, step good foot inside hula hoop, jump onto small block
2. End Lane 1: arm circle drill: arm circle to hands on wall, finishing in hollowbody
3. Lane 2 (crash mat and mini tramp): Fast run, jump on mini tramp to safe landing position - straight, tuck or straddle.

Bars - 15 minutes - 1 minute each stations/3x

1. P-bar - chin hold
2. P-Bar - candlestick
3. Training bar - Jump to support - Jump front support, cast 5x, then hold front support (bar at thighs) - resistance bands around ankles.
4. Strap bar - pull-over assist - 1 step assist to pull-over with block - block should be at waist high

Conditioning 5 minutes

Week 1

30 seconds each, 1x through

1. Frog jumps
2. Bear crawls
3. Plank - alternating knee to elbow
4. Diamond push-up
5. Plank shoulder taps
6. Boat pose
7. Reg. push-ups
8. Side leg lifts - R
9. Side leg lift - L
10. Sit ups

Week 3

30 seconds each, 1x through

1. Push ups
2. Double leg mnt climber
3. Glute bridges
4. Push ups
5. sit ups
6. Plank hold
7. Table hold
8. Fire hydrant
9. Little arm circles forward
10. Little arm circles backwards

Game - 5 minutes