

# Level 2 - Spring B - Week 2/4

## Warm-up - 3 minutes

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

## Lanes: 2 Minutes:

1. High kicks down and back - arms straight, out to sides
2. A. Side kick, swings - alternating - Down  
B. Back kick - supporting leg straight, not leaning forward - Back
3. A. Step, present - down  
B. Step Passe (foot to ankle) - back

## Stretching/Flexibility - 15 minutes

### Floor - 15 minutes

1 minutes per station - 3x thru

1. Lane 1 - forward roll, step out, cartwheel or round-off if they're ready for RO
2. Lane 2 - Red Cheese - back roll, land in pike position, working on straight arms
3. Lane 2 - step leap, hold scale
4. Lane 3 - Step ½ turn, hold
5. Lane 3 - Block - bridge, kick over from block

## Beam - 15 minutes

1 minutes per station - 3x thru

1. Short low beam - Tuck jump, ending in SLP
2. Floor line - step, leap
3. Long Low beam - step, leap
4. Medium beam - proper mount, Beam Walk Fwd. halfway, straight jump, straight jump, connected
5. French fry - Cartwheel

## Conditioning 5 minutes

*Week 2*

*30 seconds each, 1x through*

1. Burpee
2. Lateral Bear crawl
3. Plank - alternating knee to elbow
4. Tri-Push-ups
5. Alternating plank to side plank
6. Boat pose hold
7. Push-up with leg lift (alternating legs)
8. Chest opener with straddle leg lift
9. C-curve sit up
10. Plank hold

*Week 4*

*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

## Game - 5 minutes