

SPIRIT GYMNASTICS ACADEMY

Squads 1-3 Bases Conditioning 4th - 10th May 2020

Every day this week:

- Coin flip warm up – 5 mins with no rest
- Stretch
- Do your conditioning
- Record yourself doing your weekly challenge

Why not facetime a friend and do the work together?

Don't forget to tag us in any posts on Instagram to be featured in our story!

Monday 4th May

- Ballet sequence 3 times (video on website)
- Dance sequence 3 times (video on website)
- 100 knee squeezes
- 1 min hyper splits
- 10 elephant lifts

Wednesday 6th May

- 1 min dish x3
- 20 piked press ups
- 50 handstand shrugs
- 30 burpees
- 30 leg lowers
- 30 body snaps
- 5 x 30 second arch hold

Friday 8th May

- 1 min dish x3
- 30 burpees
- 50 tricep dips
- 20 piked press ups
- 10 x 10 lunge pulses
- 30 leg lowers
- 5 x 45 sec wall sit

Tuesday 5th May

- 1 min dish x3
- 5 x 30 sec handstand lean
- 50 tricep dips
- 20 piked press ups
- 10 x 10 lunge pulses
- 50 one leg v sits
- 5 x 45 sec wall sit

Thursday 7th May

- Ballet sequence 3 times (video on website)
- Dance sequence 3 times (video on website)
- 100 knee squeezes
- 1 min hyper splits
- 10 elephant lifts

Saturday 9th May

- 1 min dish x3
- 20 piked press ups
- 50 handstand shrugs
- 5 x 30 sec handstand lean
- 50 one leg v sits
- 30 body snaps
- 5 x 30 second arch hold

Sunday 10th May

- Rest!