

SPIRIT GYMNASTICS ACADEMY

Squads 1-3 Bases Conditioning 27th April – 3 May 2020

Every day this week:

- Jumping jacks and high knees running warm up – 8 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 27th April

- 30 tennis ball squeezes each hand
- Knee and feet extensions (video on website)
- Feet rehab (video on facebook and link on website)
- 100 knee squeezes
- 10 swim throughs
- 1 min hyper splits
- 10 elephant lifts

Wednesday 29th April

- 1 min plank
- 30 press ups
- 50 handstand shrugs
- 30 burpees
- 5 x 30 second dish hold
- 1 min back support
- 5 x 30 second arch hold

Friday 1st May

- 1 min plank
- 30 burpees
- 5 x 30 second handstand hold
- 30 press ups
- 30 shoulder stand tuck jumps
- 5 x 30 second dish hold
- 50 slow squats

Tuesday 28th April

- 1 min plank
- 5 x 10 sec one leg glute bridge each leg
- 5 x 30 second handstand hold
- 30 press ups
- 30 shoulder stand tuck jumps
- 50 one leg v sits
- 50 slow squats

Thursday 30th April

- 30 tennis ball squeezes each hand
- Knee and feet extensions (video on website)
- Feet rehab (video on facebook and link on website)
- 100 knee squeezes
- 10 swim throughs
- 1 min hyper splits
- 10 elephant lifts

Saturday 2nd May

- 1 min plank
- 30 press ups
- 50 handstand shrugs
- 5 x 10 sec one leg glute bridge each leg
- 50 one leg v sits
- 1 min back support
- 5 x 30 second arch hold

Sunday 3rd May

- Rest!