

SPIRIT GYMNASTICS ACADEMY

Squads 1-3 Bases Conditioning 11th May– 17th May 2020

Every day this week:

- High knees running 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 11th May

- 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
- 10 elbow bridges
- 10 elephant lifts

Wednesday 13th May

- 1 min arch x3
- 20 piked press ups
- 5 x 10 straight arm pushes against wall
- 30 burpees
- 30 leg lowers
- 30 body snaps
- 10 x handstand full turn (hold handstand at beginning and end)

Friday 15th May

- 1 min arch x3
- 10 x handstand full turn (hold handstand at beginning and end)
- 5 x 10 straight arm pushes against wall
- 20 piked press ups
- 5 x 30 sec held squat with weight
- 30 leg lowers
- 5 x 45 sec wall sit

Tuesday 12th May

- 1 min arch x3
- 5 x 30 sec held squat with weight
- 50 tricep dips
- 5 x 10 straight arm pushes against wall
- 10 x handstand full turn (hold handstand at beginning and end)
- 50 v sit rollovers
- 5 x 45 sec wall sit

Thursday 14th May

- 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
- 10 elbow bridges
- 10 elephant lifts

Saturday 16th May

- 1 min arch x3
- 20 piked press ups
- 50 handstand shrugs
- 5 x 10 straight arm pushes against wall
- 50 v sit rollovers
- 10 x handstand full turn (hold handstand at beginning and end)
- 5 x 30 second arch hold

Sunday 17th May

- Rest!