

SPIRIT GYMNASTICS ACADEMY

Squads 1-3 Bases Conditioning 13th – 19th April 2020

Every day this week:

- High knees running warm up – 8 mins with no rest
- Stretch
- Do your conditioning and blocks
- 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 13th 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
- 50 calf raises
- 1 min hyper splits
- Bridge stretching

Wednesday 15th April

- 50 back arches
- 10 elephant lifts
- 30 press ups
- 50 handstand shrugs
- 50 standing squats (bottom to touch a chair or similar)
- 5 x 30 second dish hold
- 1 min back support

Friday 17th April

- 50 back arches
- 10 elephant lifts
- 5 x 30 second piked handstand hold
- 30 tricep dips
- 30 shoulder stand tuck jumps
- 30 v sits
- 1 min plank

Tuesday 14th April

- 50 back arches
- 5 x 10 sec one leg glute bridge each leg
- 5 x 30 second piked handstand hold
- 30 tricep dips
- 30 shoulder stand tuck jumps
- 30 v sits
- 1 min plank

Thursday 16th 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
- 50 calf raises
- 1 min hyper splits
- Bridge stretching

Saturday 18th April

- 50 back arches
- 5 x 10 sec one leg glute bridge each leg
- 30 press ups
- 50 handstand shrugs
- 50 standing squats (bottom to touch a chair or similar)
- 5 x 30 second dish hold
- 1 min back support

Sunday 19th April

- Rest!