* These exercises are suitable for Gymnasts In Training Aged 8-10yr old
* These exercises should be done on a regular basis – 6 days per week
* The Gymnast should select an exercise from each box to complete in rotation

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| **CORE STABILITY** | **IMPROVING HEIGHT** |
| * Bent Knee Sit-Ups x 5 * From Lying Flat, Sit-Up to Vertical with top half of body only x 5 * Lying Flat on Back – Raise straight **legs 2 inches** off the floor, squeeze top of legs tight together * Hold for 5 Seconds * Repeat 5 Times * From Sitting with Straight Legs & Arms raised HIGH above head * Lift legs **2 inches** from the floor quickly in PIKE x 5 * Lift legs **2 inches** from the floor quickly in STRADDLE x 5 * Hold in PLANK Position * for 10 seconds * Repeat 5 times | * TIGHT Jumps, Full Body Tension * 10 Straight Jumps – no stops * Tuck Jumps x 5 * Straddle Jumps x 5 * Pike Jumps x 5 * Jump Full Twist x 5 * Jump up to & down from to a height of 30cm (Sofa/Bed) x 10 * To be done quickly * Legs tight together |
| **Improving your Line-outs** | **BETTER KICK - OUTS** |
| * Full Body Tension Body Rocks * 10 from Lying on your Back * 10 from Lying on your Tummy * 10 from Lying on each side * From Lying on your Back * Lift Right Leg & Left Arm to meet at Vertical x 5 * Lift Left Leg & Right Arm to meet at Vertical x 5 | * From Sitting * Pull Legs into Tight TUCK x 5 * Lift Legs to Tight PIKE x 5 * Lift Legs to WIDE STRADDLE x 5 * From Lying on Front, ROLL to back making the following shapes * 5 x TUCK * 5 x Straddle * 5 x PIKE |
| **DEVELOPING FAST MUSCLES** | **DEVELOP YOUR SHAPES** |
| * Fast Skipping x 30 Seconds * Ski Jumping x 20 * Burpees Tuck x 10 * Burpees Straddle x 10 * Continuous Scissor Jumps x 10 * Squat Thrusts x 10 * Straddle Thrusts x 5 * Pike Thrusts x 5 | * Rolling Backward & Forward over Lower Back only in TIGHT TUCK x 10 * From Sitting, Hands Behind to support * Lift Legs Straight to V-Sit x 10 * Sitting in Straddle, hands on Floor between legs * Lean Forward so Bottom lifts off the floor * Return to Straddle sitting * Repeat x 10 |