* These exercises are suitable for Gymnasts In Advanced COMPETITION Aged 9-11yr old
* This sheet should only be completed when LEVEL 2 is being done easily
* 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** |
| * Sit-Ups x 20 * From Lying Flat, Sit-Up to Vertical with top half of body only x 10 * Lying Flat on Back – Raise straight **legs 2 inches** off the floor, squeeze top of legs tight together * Hold for 10 Seconds * Repeat 5 Times * From Lying with Straight Legs & Arms raised HIGH above head * Lift legs **2 inches** from the floor quickly in PIKE x 10 * Lift legs **2 inches** from the floor quickly in STRADDLE x 10 * Hold in PLANK Position x 20 seconds * Repeat 5 times | * TIGHT Jumps, Full Body Tension * 20 Straight Jumps – no stops * ½ Twisting Tuck Jumps x 10 * ½ Twisting Straddle Jumps x 10 * ½ Twisting Pike Jumps x 10 * Jump Full Twist x 10 * Jump up to & down from to a height of 30cm (Sofa/Bed) * x 20 Forward * x 20 Backward |
| **Improving your Line-outs** | **BETTER KICK - OUTS** |
| * Full Body Tension Body Rocks * 30 from Lying on your Back * 30 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 15 * Lift Left Leg & Right Arm to meet at Vertical x 15 * Handstand & Hold * 10 Second Hold * Repeat 5 times | * From Sitting * Pull Legs into Tight TUCK x 15 * Lift Legs to Tight PIKE x 15 * Lift Legs to WIDE STRADDLE x 15 * From Lying on Front, ROLL to back making the following shapes * 10 x TUCK * 10 x Straddle * 10 x PIKE |
| **DEVELOPING FAST MUSCLES** | **DEVELOP YOUR SHAPES** |
| * Fast Skipping x 60 Seconds * Ski Jumping x 25 * Burpees Tuck x 15 * Burpees Straddle x 15 * Continuous Scissor Jumps x 10 * Squat Thrusts x 10 * Straddle Thrusts x 10 * Pike Thrusts x 10 | * Rolling Backward & Forward over Lower Back only in TIGHT TUCK x 10 * V-Sits 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 * Handstand Walking x 30 Seconds x 3 |