

School Age At Home Gymnastics

BMG 2020/2021

Stretch

Straddle (reach left, right, and middle).

Pike (point and flex feet).

Roll out wrist and ankles.

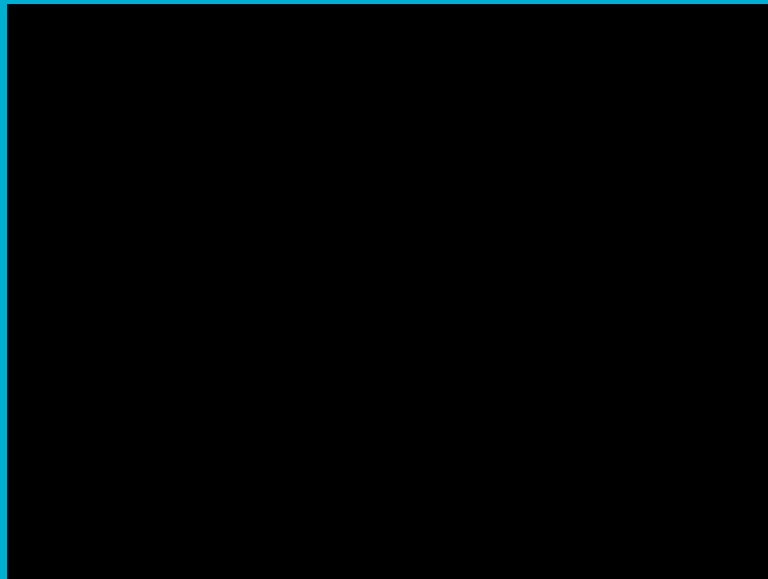
Stretch Neck (Up, down, left, and right).

Both Split Lunges (Forward, back, back leg up).

Splits (Left, right, and middle).

Roll out back and push up into bridge

Guided Stretch Video:



Basics

The

T

The importance of “the T” video:



Floor

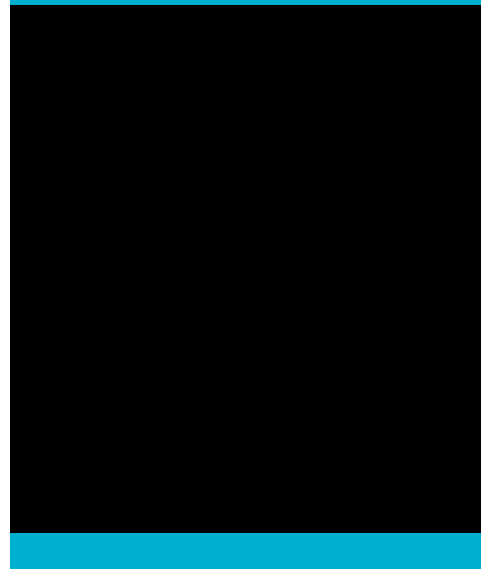
Red Stars Floor:



Blue Stars Floor:



Stars & Stripes Floor:



Beam

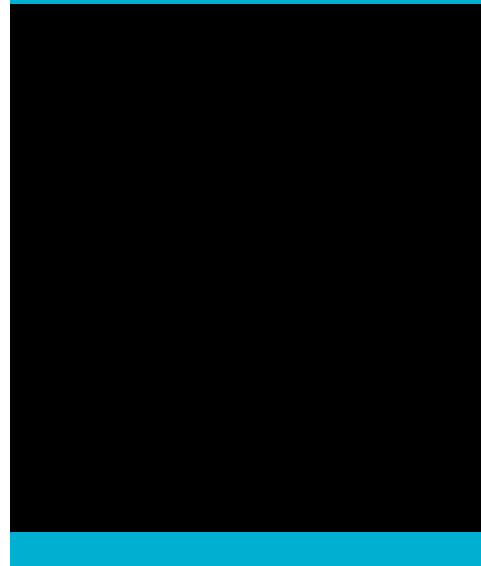
Red Stars Beam:



Blues Stars Beam:



Stars & Stripes Beam:



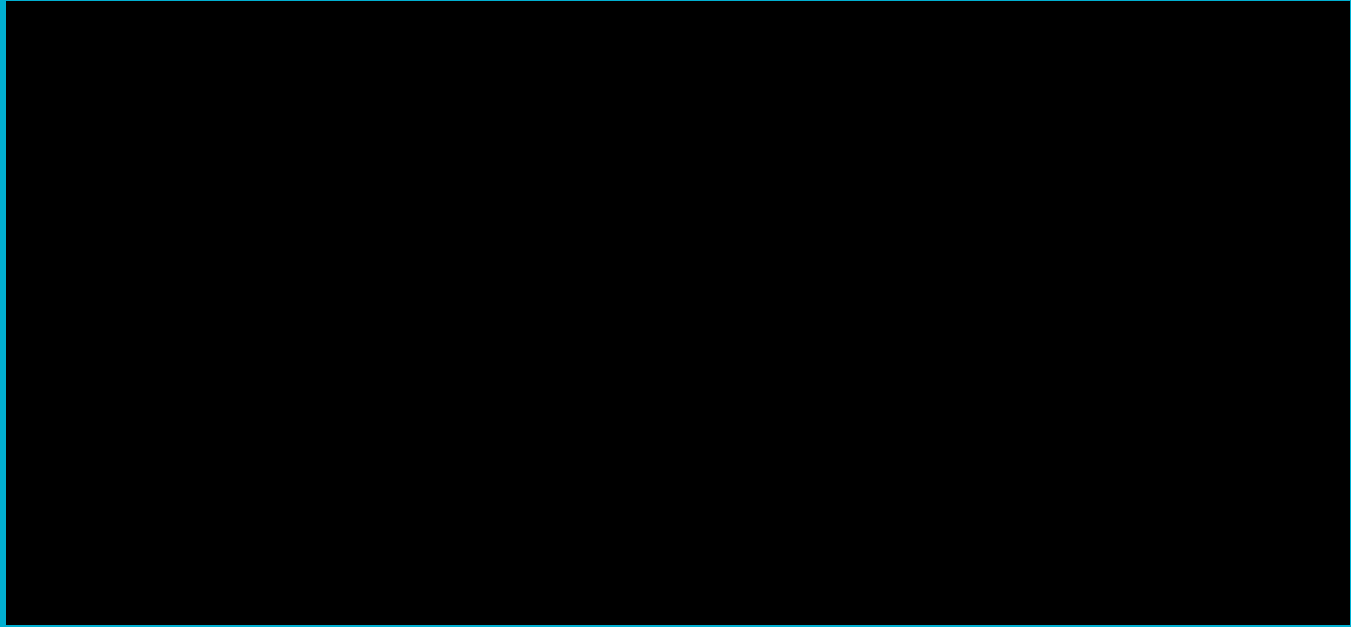
Vault

Red Stars Vault:

Blues Stars and Stars & Stripes Vault:

Bars

General Bars:



Conditioning

ARMS

10 push ups

10 hershey kiss push ups

10 wide arm push ups

10 elbows-in push ups

30 second arm circles (tiny circles, both directions)

Legs

15 frog jumps

20 lunges each leg

30 fire hydrants each leg

20 kicks to the back each leg

Core

30-60 hollow body hold

30-60 plank hold

25 v-ups

60 alternating crunches

10 Day Flexibility Challenge

1. 30 second split hold (each leg)
2. 30 second split hold (each leg)
3. 30 second split hold (each leg)
4. 45 second split hold (each leg)
5. 45 second split hold (each leg)

6. 60 second split hold (each leg)
7. 60 second split hold (each leg)
8. 75 second split hold (each leg)
9. 75 second split hold (each leg)
10. 90 second split hold (each leg)