



### Supplemental At Home Conditioning

IMPORTANT REMINDER: Do not perform any of these drills/conditioning exercises if you do not have enough space. Move items such as chairs, toys, etc., out of the way to keep from landing on, stepping on, or kicking them.

Before you begin any stretching or conditioning exercises start with a jog, jumping jacks, candlestick jumps or any other type of movement to warm up the muscles.

Take about 25-30 minutes each day to work on the following exercises. Choose 2-3 items from each category to do, and change which ones you do every day. Do not try to perform every single exercise listed in one work out. ***Make sure to practice handstands, plank holds, splits and bridges every time you work out. Items that are bolded and italicized are ones that should be performed several times throughout the week.***

**Handstands** (Practice handstands against the wall every day, rotate through the other exercises throughout the week, choosing 2-3 different ones each time)

- ***Spider climb handstand***
  - 3 for 1 minute
  - Remember to keep shoulders on ears, head in, armpits and hips on wall, butt tight and toes slightly off the wall.
- Spider climb with elbow taps
  - 3 for 10 seconds
  - Climb into a spider climb handstand against the wall and perform elbow taps to mimic the motions of walking on your hands. Maintain stiff shoulders and tight body.
- Handstand against wall
  - 3 for 10 seconds
  - Kick up to a handstand with your back against the wall. Stay in a straight line, no arching or closing shoulders, keep head in a neutral position.
- Alternative spider climb handstand
  - 3 for 30 seconds
  - Using a bed or a couch kick up into a handstand with stomach against the bed/couch, legs will be suspended in the air on their own. It is very important to keep shoulders on your ears, head in and ribs in line!
- ***Tight butt squeeze***
  - 3 for 30 seconds
  - Lay down on your back, arms stretched out by ears. Put your feet on an elevated surface (couch/stairs/chair), lift hips and squeeze butt to create a straight line.

- Straight body hold
  - 3 for 30 seconds
  - Stand in front of a mirror; turn so that you can see the side of your body. With a weight/heavy book lift your hands above your head and stretch so that your shoulders are on your ears. Use the mirror to make sure your arms are behind your ears, ribs are in and butt is squeezing.
- **Handstand holds**
  - 5 each for the equivalent of 10 seconds
  - Start in a lunge position (in an area where you will not kick or walk into anything), kick into a handstand and hold as long as possible if you come down before counting to 10 kick back up and continue counting from where you left off in the previous handstand.

### **Vault Conditioning**

- Isolated arm swings
  - 4 Sets of 10 alternating fast and slow
  - Sitting in a tight pike position perform arm swings. Make sure to sit with tall posture, and pull elbows to shoulder height in the front and back.
- Walking lunges, high knees, butt kickers
  - 3 Sets of 20 steps
  - Just like our vaulting warm up. Stand up tall and have strong running arms
  - High knees/Butt kickers should be performed quickly, while moving forward slowly, and stay on your toes.
- Arm/leg changes
  - 4 Sets of 10 alternating fast and slow
  - Using the bottom step of a set of stairs, place one foot on the step the other foot on the floor and place arms in an arm swing position. Staying on your toes and standing up tall jump and switch your arms and legs.
- Mountain climbers
  - 3 Sets of 30
  - The first and third set should be performed quickly, the second set should be performed slowly
  - Place hands on a step, sturdy object, or even the floor to create a push up position. Bring one knee up to chest, with other leg extended all the way back, then switch legs.
- Board hit drill pushing off wall
  - 3 Sets of 5
  - Start leaning back against a wall with arms hanging down to your sides. Legs should be bent with feet slightly in front your knees. Using your hands push off of the wall (without dropping your chest) and pop to straight legs and finish in your board hit position. Remember this is a tall hollow position with hands slightly above shoulder level and push up onto your toes.
- Standing shrugs
  - 3 Sets of 10

- o The first and third set should be performed slow and the second set performed quickly
  - o Standing in a straight line (legs together, butt squeezing, ribs in, neutral head) lift arms above head holding a light weight/book and perform shoulder shrugs. Remember shoulders should relax all of the way and then push until you feel them touch your ears.
- **Handstand shrugs**
    - o 3 Sets of 10
    - o The first and third set should be performed slowly, the second set should be performed quickly
    - o Get into a spider climb handstand and perform shrugs while maintaining a straight tight line with head and ribs in.
  - Mid Air Shape/butter shape handstand
    - o 3 for 20 seconds
    - o Spider climb handstand with only toes on the wall. Hands should be about 1 ½ feet away from the wall. Remember to push your shoulders all the way to your ears, keep ribs in, tight butt and flat hips. Perform
  - Heel drives
    - o 3 Sets of 10
    - o Lay belly down on your bed/couch, with head facing the bed. Lift heels until you are in a straight line and then lower them back down. *On the last heel drive hold legs up for 10 seconds.*
  - **Hollow body rocks**
    - o 3 Sets of 10 with arms at ears
    - o Remember to have a long neck, stiff shoulders and a tight butt

### **Bar Conditioning**

- **Hollow body**
  - o Choose at least two series every time you work out. Remember your tight butt!
  - o Series 1: Hollow body 10, rock side to side 10, rock back and forth 10 3x
  - o Series 2: Hollow body with arms by ears 15, rock back and forth 15 (keeping arms at ears) 3x
  - o Series 3: Hollow body rolls. Start in hollow body, roll to arch body, roll to hollow body. Perform 3 sets of 6 (Hit a hollow body 6x)
  - o Series 4: Hollow body 10, crunch 10, rock 10 3x
  - o Series 5: Hollow body 10 arms by hips, rock 10, hollow body 10 arms by ears, rock 10 3x
- **Front Support holds**
  - o 3 For 30 seconds
  - o To add a challenge add in front to back rocks, shrugs or elbow taps

- o Place feet on an elevated surface (bed/couch/step) and hands on the floor. Push back into a round position and keep head in line with the rest of the body. Shoulders must stay in line with your wrists.
- ***Leg lifts lying down***
  - o 3 Sets of 10
  - o Lay on your back, place hands under butt, and lift legs straight up to the ceiling (making an L position). Slowly lower legs to the floor, stop legs just before touching the floor, lift legs back up to start position
- **Arch body holds**
  - o Set 1: Arch body hold 10, rock 10, arch lifts 10 3x
  - o Set 2: Arch body with swimming arms 10, swimming legs 10, arms and legs swimming 10 3x
  - o Lay on your stomach with arms stretched out by your ears lift chest and legs slightly off of the floor. Keep head in line and squeeze your butt.
- ***V Ups***
  - o 3 Sets of 10
  - o Remember to start and finish each V Up in a hollow body with butt squeezing, arms should reach for feet at the top of the V. Snap quickly to the V position.
- **Candlestick lowers**
  - o 3 Sets of 10
  - o Lay on back with arms by ears holding onto a sturdy object. Lift up to a candlestick position and slowly lower body back down to the floor, maintain a straight line. It should take at least 5 seconds to get back to the floor.

### **Beam Conditioning**

- ***Toe raises***
  - o 30 with feet together, 20 on each individual foot standing in passe'
  - o Stand on the bottom step of a set of stairs, or a low sturdy object. Make sure you pop feet straightforward to a high releve', do not let your ankles wobble at the top or roll sideways.
- ***Tight knees***
  - o 3 Sets for 30 seconds
  - o Sit in a pike with arms lifted to crown position, squeeze knees as tight as possible, feet should lift up off of the floor. Tall posture is a must!
- ***Releve' locks***
  - o 3 Sets for 30 seconds
  - o Stand in a releve lock position with arms in crown. Make sure feet are in a puzzle piece position, as if standing on a beam, and ankles are pushing forward to a high releve'. Remember to keep arms behind your ears, chin lifted, a long neck, ribs in and butt tucked under. Alternate which foot is in front.
- **Releve' walks**
  - o 1 Set of front, side and backward walks
  - o Find an area where you have space to take at least 15 steps. Perform each walk down and back as if walking on the beam. Remember to hold a high

releve' position, squeeze knees when stepping and tight arms in a press position. Also, remember to perform a pivot turn with arms in crown in between each set.

- Pivot turns
  - 2 Sets of 6 pivot turns
  - Stand in a high releve' lock with arms in crown. Perform pivot turns quickly holding tall straight line. Remember that heels may not drop from releve' and must stay locked together. Do not count any pivot turns where you break form or let your heels drop.
- Lunges
  - 10 Second jump lunge 3x on both legs
  - Start in a straight body, feet together and arms down by side, jump to a lunge position with shoulders on ears, long neck, ribs in and slightly leaning forward. You should make a straight line from your back heel to your fingertips.
- **Levers**
  - 3 Levers on both legs 2x each
  - Lever 1: slow lever, holding for 3 in your T position before returning to your stretch position
  - Lever 2: medium speed, holding only for a moment at the lowest point of your lever
  - Lever 3: Quick lever, no hold
  - Start and finish the levers in your stretch position, front leg straight and back leg pointing and arms at your ears. Go to your T position, or as low as possible staying in a straight line. Arms should not separate from your ears, and there should be zero bend in your hips.

### **Lower Body**

- **One leg squats**
  - 3 Sets of 10
  - Stand on one foot on a step or sturdy object with outside leg hanging down to the side. Remember to keep your heel on the floor when squatting, and other leg stays tight.
- Leaners
  - 3 Sets of 10
  - Kneel down on both knees and hook feet under a couch or heavy object. Keeping hips flat and ribs in lean as far forward as possible while maintaining shape and then return to beginning position
- **Squats**
  - 3 Sets of 15
  - Place feet about shoulder width apart, and hands on hips. Squat down until legs bend 90 degrees and return to standing position
- **Glut bridges**
  - Set one: hold for 60 seconds

- o Set two: alternating squeezing butt for 10 seconds, and squeezing/relaxing butt for 10 seconds
  - o Set three: Lift right leg for 30, lift left leg for 30
  - o Lay down on back with legs bent so feet are touching your butt, lift butt and squeeze to create a straight line from your knees to your chest. Arms lay flat by your side.
- Wall sits
  - o Set one: Hold for 30
  - o Set two: Lift left leg 15 seconds, lift right leg 15 seconds
  - o Set three: Hold for 30
- One leg step ups
  - o 3 Sets of 10 (both legs)
  - o Place one foot on the second step up on a set of stairs, the other foot on the floor and place hands on hips. Push top leg straight until you are standing on one leg on the step and then return back to the floor
- Tight butt squeeze
  - o Set one: Hold for 60 seconds
  - o Set two: Lift right leg for 30, lift left leg for 30
  - o Set three: Hold for 60 seconds
  - o Lay down on floor with feet elevated, lift hips and squeeze butt to create a straight line.
- Elevated one leg lunges
  - o 3 Sets of 10 (both legs)
  - o Stand with your back facing a sturdy object that is about the same height as your knee. Place the ankle of your back leg on top of the object, knee should be pointing down to the floor. With your front leg, take a large step forward and turn your foot out. Slowly squat, trying to make your back knee touch the floor.
- 3 Sets of 20 of each of the following
  - o High knees
  - o Squat jumps
  - o Tuck jumps
  - o Quick toe raises
- **3 Sets of 10 of each of the following**
  - o Candlestick straight jumps
  - o Squat jumps
  - o Punches

### **Core**

- 3 Sets of the following series:
  - o 30 hip lifts (Lay on back with feet pointing to ceiling, lift hips slightly up off of the floor)
  - o 20 slow scissors (Lay on back, point one foot up to the ceiling and lift other leg slightly off of the floor. Keeping legs straight switch legs every 3-5 seconds)

- o 10 fast sit ups
- **Sit ups**
  - o 3 Sets of 30
- Mason twists
  - o 60 twists 2x
  - o Balance on butt with feet lifted off of floor, clasp hands, twist side to side touching hands on floor next to hips
- Oblique V-Ups
  - o 3 sets of 20 (both sides)
  - o Lie on one side, bottom hand behind head for support and top arm in front of body to help you balance. Lift upper body and legs off of the floor at the same time
- Straddle sit ups
  - o 3 Sets of 30
  - o Lay on back, legs up in the air in a small straddle, sit up and reach hands in between legs
- 3 Sets of the following series:
  - o V ups 10
  - o Tuck ups 10
  - o Bicycles 20 (stay in a hollow shape with hands behind your head, touch opposite elbow to knee)
- **Plank holds**
  - o 3 Sets for 30 seconds each
  - o Start on elbows with feet elevated and hold center, and both sides. The second set should be performed on hands, and third set back on elbows. Make sure to keep a long neck, ribs in, tight butt and feet stacked on top of each other
- **Front support holds**
  - o 3 Sets - hold 10, elbow tap 10, shrug 10
  - o Remember to keep shoulders in line with wrists push shoulders and squeeze butt
- Straddle and pike ups
  - o 3 sets of 10 lifts and 10 second hold (3 Straddle, 3 Pike)
  - o Sit on the floor in a small straddle, place hands in between legs and lift legs up and down squeezing knees and sitting tall. Last 10 seconds hold legs up in straddle
  - o Sit on the floor in a pike, place hands on either side of legs and lift legs up and down squeezing knees and sitting tall. Last 10 seconds hold legs up in pike.

## Arms

- **Dips**
  - o 3 Sets of 15-20
  - o Place hands on a step/couch/sturdy object and stretch legs straight out in front of you to perform dips, trying to touch butt to the floor

- Straddle and pike presses
  - 2 sets of 20 Second press holds (2 pike, 2 straddle)
  - Using the first step of a set of stairs or a sturdy object press up to a straddle press position trying to keep knees and elbows touching, legs parallel to the floor. Toes should be pointing straight forward and not the floor. Repeat in a pike with hands on either side of your legs. Hands should be pointed forward.
- **3 Sets of 10:**
  - Push ups feet elevated, hands on floor
  - Triangle push ups, hands elevated
  - Headstand push ups *feet on couch/bed/step, butt straight over head creating an L position*
  - Wide arm push ups, hands elevated
- Weight raises
  - 3 Sets of 10
  - Use a light weight/heavy book/milk jug filled with water. Stand in a lunge with hollow body and slowly lift arms up to ears and then back down, arms should not move behind ears
- 3 sets of 15 seconds of each of the following of pressed arm positions without resting in between each exercise
  - Small pumps palms facing backwards
  - Small pumps palms facing forward
  - Small pumps palms facing up
  - Small pumps palms facing down
  - Small arm circles forward
  - Small arm circles backwards
- Front support walks
  - 30 Walking steps down and back
  - Forward walks, backward walks, forward and backward inch worms (15)
  - Get into a push up position, staying in this position walk forward for 30 steps, then backwards 30 steps. Just like we do in practice with the sliders, if you have a paper plate you can place your feet on that, otherwise stay on your toes and walk your feet. Remember to stay hollow and squeeze your butt.

## Cardio

- 5 Minute jog
- 5 Minute jump rope
- 20 Minute bike ride
- 10 Sprints
- Run 3 sets of lines 3x
  - Outside mark a starting spot as well as 4-5 spots for you to run to and then back to the starting spot in between each line.
- ***Repeat the following series 3 times, about a 5-10 second rest in between sets***
  - Straight jumps 30



- o Punches front to back 30
- o Punches side to side 30
- o One leg hops 15 on each foot
- Repeat the following series 3 times, about a 5-10 second rest in between sets
  - o Candlestick straight jumps 10
  - o Squat jumps 20
  - o One leg lunges 10 on each foot
  - o Jumping lunges/mountain climbers in place 20
- Repeat the following series 3 times, about a 5-10 second rest in between sets
  - o Jumping jacks 30
  - o High knees in place 30
  - o Booty kickers in place 30
  - o Pretend jump rope 30

### **Dance and Flexibility**

- Full turn drills (Complete on both legs):
  - o Hold turning position with eyes closed 30 seconds
  - o 10 Toe raises in turning position 2x
  - o Prep, releve hold 5-10 seconds, plie' and finish 3x
  - o Quarter heel snap turns, 2 complete turns
  - o 4 Heel snap turns (1/2 turn) without any arm swing
  - o 3 Half turns
  - o 3 Full heel snap turns without any arm swing
  - o 10 Full turns
  - o *Remember to always pop to a high releve', squeeze your base leg and butt, stay in a tall straight line.*
- Hip flexor stretch:
  - o 30 seconds with front leg on elevated surface
  - o 30 seconds with back leg on elevated surface
- ***Over splits:***
  - o 1 minute front leg elevated
  - o 1 minute back leg elevated
  - o 1 minute on floor
  - o At 30 seconds (for each split) reach hands past foot. When there are 10 seconds left place arms in pressed position.
- ***Center split:***
  - o 1 minute left leg elevated
  - o 1 minute right leg elevated
  - o 1 minute on floor
  - o Flex for the last 15 seconds of each split.
- ***Shoulders***
  - o Perform all shoulder stretches for 30 seconds each (Cross and pull, chicken wing, sitting shoulder stretches pushing elbows away from body, and sliding hands away from body)
  - o Also include this stretch: kneel on both legs and place hands on a couch/bed and press shoulders down to the floor 30 seconds

- o **Bridges:** hold 10, rock 10, hold 10 (Keep arms in close to ears, push shoulders over hands, and make sure knees and feet are together)
- **Pike stretch**
- Toe point ankle stretch (from beam warm up). Stretch each foot individually 30 seconds, both feet 30 seconds.