

PRACTICE AT HOME TO IMPROVE YOUR SKILLS!

We would love for you to practice your gymnastics skills at home – but we are only going to give you a few! These conditioning and stretching exercises will help improve your work in the gym so get practising!



JAPANA (STRADDLE FOLD)

This will stretch your hamstrings. Make sure your knees are facing upwards all the time, your legs are straight and you are trying to get your chest on the floor.

PIKE FOLD

This will stretch your hamstrings. Make sure your knees are facing upwards all the time, your legs are straight and you are trying to get your chest on your knees.



SPLITS (Do not do these at home if you have not been taught them in the gym yet!)



Make sure to stretch first before you move into your splits! Push forwards into a lunge keeping your back knee on the floor, then sit back with a straight front leg and try and get your nose on your knee.

Slide into splits as far as you can go in a straight line, one hand either side, front leg should be straight with your back knee facing the floor, and your front knee facing upwards.



BOX SPLITS (Do not do these at home if you have not been taught them in the gym yet!)



Make sure to stretch your splits with bent knees first so you lay like a frog! Once you are a bit more flexible, try and do it with straight legs and lay flat on the floor.

BRIDGES (Do not do these at home if you have not been taught them in the gym yet!)

You should lie on your back with your arms bent and hands flat on the floor next to your head with your fingers pointing towards your shoulders. You should then push



your hips up to the ceiling and push your arms and legs straight into a bridge. Your shoulders should ideally be in a straight line with your hands.

BENT LEG DISH



You should be balancing just on the lower part of your back to strengthen your stomach. Hold for 10 then relax and repeat 3 times.

STRAIGHT LEG DISH



You should be balancing just on the lower part of your back to strengthen your stomach. Hold for 10 then relax and repeat 3 times.

ARCH



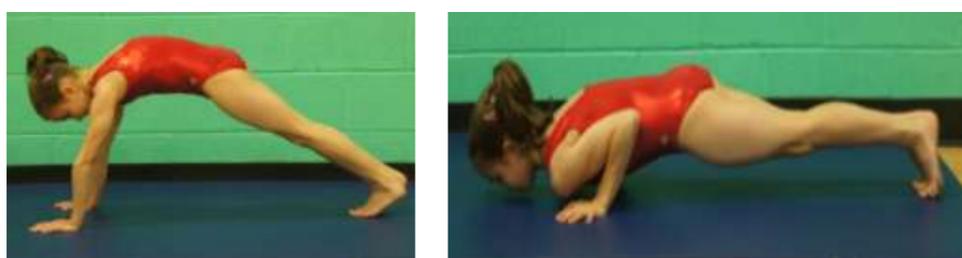
You should be balancing just on your stomach to strengthen your back. Hold for 10 then relax and repeat 3 times.

SQUAT STANDS



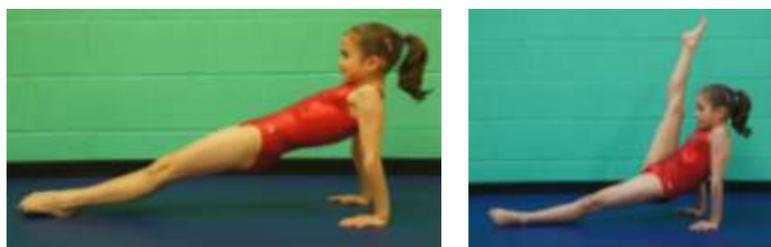
From standing, squat down trying to get your bottom on your feet, then stand back up without using your hands. Repeat x 10 before having a rest then repeat for 2 more sets.

PRESS UPS – only for the more advanced gymnasts!



From front support, bend your arms and lower to the floor before pushing back up to support. Repeat x 10 before having a rest and then repeat for 2 more sets.

BACK SUPPORT AND RAISING ONE LEG



Hold back support for the count of 5 before raising one leg up straight and holding for 5. Make sure to keep your hips up to the ceiling at all times! Come down and swap legs and hold for 5!

SHOULDER STAND



A shoulder stand is a balance which will help your core strength. Use your hands and elbows to help support you in the balance. Hold for 10 and repeat 3 times.

OTHER SKILLS

- **Skipping** – two feet together with a skipping rope for 30 seconds – if you can do that, up it to 45 seconds! (working up to what you can do)
- **Hula hooping** – see how long you can hula hoop for!

Jumping Jack - see if you can do a minute!

LEVERS – only for the more advanced gymnasts! These take a lot of core strength as well as arm and leg strength. They will also help to improve your balance but will take lots and lots of practice!

