

# Home Gymnastics Workouts – Advanced Gymnasts

Abs conditioning: -

X30 hands to knee touches  
X30 v-sits  
X30 little leg kicks  
X60 dish rocks  
X60 dish hold

3 sets

Handstand challenge: -

X60 secs handstand back against wall  
X60 secs handstand tummy against wall  
X60 secs long handstand against wall  
X30 secs full out body tension  
X10 handstands without wall held for minimum of 10 secs

Legs workout: -

X15 Deep leg squats (each leg)  
X50 jumps side to side  
X25 hops (each leg)  
X20 press up burpees  
X50 mountain climbers  
X10 lunge jumps (each leg)  
X20 step lunges  
Stretching: -

Japana (straddle fold) x60seconds  
Lumbar Fold (Pike Fold) x30 seconds (pointed toes) x30 seconds (flexed feet)  
Shoulder stretch (sitting in pike - fingers together behind back, move hands back as far as possible) x60 seconds  
Right/Left Leg Splits x2mins each leg (30 seconds arms up/reach forward/pull back/opposite arm to leg)  
Box splits x1min 30secs (30 seconds hands/elbows/flat)  
Swim Through x10  
Bridge swings x10 and hold for x10 seconds

3 sets

Holds and lifts workout: -

All holds 10 seconds x3 sets  
Straddle hold  
Pike Hold

Russian lever  
Perch hold  
Handstand hold

Elephant lifts x10  
Straddle lever to handstands x10  
Pike up to handstand from knees x10  
Straddle up to handstand from knees x10

Back conditioning: -

X50 arch lifts (just arms)  
X50 leg lifts on tummy (both legs together)  
X50 arch lifts (both arms and legs)  
X50 leg little leg kicks on tummy  
X50 arch rocks  
X60 seconds arch hold

2-3 sets

Oblique conditioning: -

X50 side lifts - top half  
X50 leg lifts  
X50 side lifts both legs and arms together  
X60 seconds side hold  
X50 side rocks  
X60 seconds holding side plank  
X30 side plank lifts

2 sets each side

Leg kicks workout: -

Lie down on your back:

X10 kicks to the front and hold

On side:

x10 kicks and hold

On knees:

X10 kicks to back straight leg

X10 kicks to a ring

X10 kicks to the side towards your ear

Lie down on your back:

Legs vertical and push legs to box splits and hold for 10

Standing up kicks

X10 kicks to the front and hold for 10

X10 kicks to the side and hold for 10

X10 kicks to the back and hold for 10  
X10 needle scale kicks and hold for 10

Leg lifts/conditioning: -

\* Sitting in straddle -

X50 leg lifts on one leg (hands close to ankle)

X20 second hold

- Repeat on other leg

X30 leg lifts both legs together (hands reaching forward inline with feet)

X20 second hold

\* Sitting in pike -

X50 leg lifts (one leg)

X20 second hold

- Repeat on other leg

X30 both legs

X20 second hold

\* Turn on your side -

X50 leg lifts (working inner thigh)

X20 second hold

X50 leg lifts (working outer thigh)

X20 second hold

- Repeat on other leg

\* On hands and knees -

X50 leg lifts to the back

X20 second hold

- Repeat on other leg

\* Can do the exercises with weights on to make it harder

Jumping session: -

Remember to warm up first especially your ankles then start, land and finish like a gymnast

Put your ankle weights on and complete the following:

Stretch Jumps x3

Tuck Jumps x3

Straddle Jumps x3

Pike Jumps x3

W jumps x3

Split Jumps x3

Stretch Jump full turn x3

Tuck jump full turn x3

W jump half turn x3

W jump full turn x3

Split jump half turn x3

Split jump full turn x3  
Straddle jump half turn x3  
Straddle jump full turn x3

Connections: -

Stretch jump tuck jump x3  
Cat leap tuck jump x3  
Tuck jump W jump x3  
Split Jump W jump x3

Cardio workout: – 45 seconds for each exercise - 20 second rest after 4 exercises: -

- Jogging
- Jogging high knees
- Jogging heel kicks
- Jumping

20 second rest

- Hopping left leg
- Hopping right leg
- Jumping jack's
- Half squat jumps (legs apart)

20 second rest

- Mountain climbers
- Front support - walk sideways x3 - then x3 jump to straddle (repeat to the otherside)
- Front support walk hands back towards feet - then back out to front support- then x3 squats in and out
- Using sofa - deep leg squat jump - x5 on each leg

20 second rest

- In front support, feet on sofa - shoulder taps
- Lunge jumping
- In front support, feet on sofa - hand taps to knee
- With one foot on sofa or pouffe - x5 hops on each leg (lifting knee up at the front)

2 sets

Arms workout: -

X10 press ups elbows out  
X10 press ups elbows in  
X10 press ups to fingers  
X10 press up with a claps  
X10 press up hands in triangle

Tricep dips on edge of sofa x30

Tricep hold for 30 seconds  
Front support should taps x30  
Hold front support for 30 seconds

Press up holds:  
Front support for 10 secs, half way for 10 secs, all the way for 10 secs - x3 sets

Handstand leg taps x20 each leg  
Headstand to handstand x10

3 sets

Slider work: -

\*\*\*The exercises need to be done somewhere with a tiled or laminated floor, with folded towels or something that will slide. You could use something that has a shiny surface that will slide on carpet (me and Gracie have done video of each as an example) If you are doing it on a hard surface such as laminate floor, please make sure there is something soft underneath you such as a cushion etc, don't want anyone hurting themselves

You can do it with flexed feet.

X30 tuck  
X30 pike  
X30 star  
X30 single leg  
X20 on both hands  
X10 on each arm

X2 sets

Lower leg workout, Spins and Leaps: -

Using the bottom step:  
Ankle raises x25 each leg  
Feet together x30

Like beam complex  
Ankle raises one foot in front of the other x30  
Then hold for 60seconds on toes

Spin preps x10  
Half spin x10  
Full spin x10  
Double spin x10 (make sure you have enough space)  
Leg round spin x10  
Crouched spin x10

Do not do these if you don't have space - (can also do with weights on)

Split leap prep x10  
Split leap from a step x10  
Change leg prep x10  
fouetté hop pre kick leg forward to 90 degrees pivot on standing leg to bent knee arabesque x10  
Fouetté hops x10  
Sissones x10

Again do not do these if you don't have space - (can also do with weights on)

Conditioning challenge: -

X5 Toilet roll tower build - doing squat jumps (you have to build the tower 5 times)  
X30 Leg lifts over stacked toilet roll (legs together)  
X30 Single leg lifts over stacked toilet roll  
X30 Straddle leg lifts over stacked toilet roll  
X30 Passing the toilet roll side to side while in a sit up position with feet off floor  
X10 Stacking toilet roll while on front support (you need to stack the tower 10 times - 5 on each side)  
X6 Stacking toilet roll in front support with a press up (you need to stack the tower 6 times - 3 times on each side)  
X10 reps - Press up then jump hands in between toilet roll, then press up jump hands out side of toilet roll (both of these will count as 1 rep)  
X30 Arch lifts passing the toilet roll to a parent  
X1 minute - Bottle flipping while in chair position against the wall (see how many you can do in the minute)

\* Then 1 set of above with ankle weights on to

Date of birth – Cardio: -

Do each exercise for 45 seconds then a 15 second rest

0 - Jogging knees high  
1 - Lunge jumps  
2 - Half squats  
3 - Mountain Climbers  
4 - Rebound jumps on the spot  
5 - Lunge hops  
6 - Squat in and out in front support  
7 - 5 jogs on the spot, tuck jump  
8 - Burpees star jumps  
9 - 3 squat jumps forward, run backwards and repeat

For example -

2 - Half squats  
8 - Burpees star jumps  
0 - Jogging high knees  
5 - Lunge hops  
2 - Half squats

- 0 - Jogging knees high
- 1 - Lunge jumps
- 3 - Mountain Climbers

\* You have 2 sets to do -

1 set YOUR date of birth

1 set either your MUM or DADS date of birth

\*\*\*If the day or month of your birthday is a single number you need to put a 0 at the front for example- 03/04/2009

Stretching exercises - please see examples below - they all need to be held for 30 seconds



\*\* After you have done the stretches Gracie is demonstrating, you will also need to do the following -

All 3 way Splits:

- 1 minute each way (make sure you have warmed up each way properly)

Hyper splits:

- 30 seconds each way

Bridges:

- 10 bridge swings - hold for 10 seconds x3 sets

Bridges against wall:

- lift 1 leg towards wall showing splits - hold 10 seconds each leg - x3 sets

Handstand splits against wall:

- x15 little leg bounces hold for 10 seconds - x3 sets each leg

Alphabet Workout: -

Your FULL name is your workout (First and Last name)

X25 Burpees

X30 Jumping Jacks  
X30 Dish Rocks  
X25 Hops on each leg  
X25 Press ups  
X30 Arch rocks  
X30 Side rocks (each side)  
X20 Front support shoulder taps  
X30 V-sits  
X20 Squat down star jumps  
X30 Crunches  
X10 Press ups with a clap  
X30 Mountain climbers  
X15 Lunge jumps  
X30 Tricep dips  
X10 Deep leg squats (each leg)  
X20 Ankle extensions (each leg)  
X30 Straddle V-sits  
X1 minute plank  
X30 Single leg V-sits  
X20 Squat jumps  
X1-minute Handstand against the wall  
X20 Press ups with elbows in  
X20 Roll back to shoulder stand, stretch jump  
X1-minute Wall sit  
X1-minute Dish hold

Choreography Challenge: -

Make up a dance/routine for the following: -

- Warm up dance
- Conditioning dance
- Beam routine

**\*\* Do NOT put skills in the dances \*\***