

## Home Gymnastics Workouts – Boys Advanced

Abs conditioning: -

X30 hands to knee touches (lie on back, keep feet flat, hands touch knees and back down)

X30 v-sits

X30 little leg kicks in dish

X50 dish rocks

X30 seconds dish hold

3 sets

Legs workout: -

X10 Deep leg squats (each leg)

X50 jumps side to side

X25 hops (each leg)

X20 press up burpees

X30 mountain climbers

X10 lunge jumps (each leg)

X10 step lunges

Stretching: -

Japana (straddle fold) x60seconds

Lumbar Fold (Pike Fold) x30 seconds (pointed toes) x30 seconds (flexed feet)

Shoulder stretch - dislocation (sitting in pike - fingers together behind back, move hands back as far as possible) x60 seconds

Right/Left Leg Splits x2mins each leg

Box splits x1min 30secs (30 seconds hands/elbows/flat)

Swim Through x10

Bridge swings x10 and hold for x10 seconds

2 sets

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 sets

Oblique conditioning: -

X30 side lifts - top half

X30 leg lifts

X30 side lifts both legs and arms together

X30 seconds side hold

X30 side rocks  
X30 seconds holding side plank  
X20 side plank lifts

Each side

Holds workout: -

All holds 10 seconds x3 sets

Straddle hold

Pike Hold

Russian lever

Perch hold

Dish

Arch

Front support

Back support

Side support

Leg lifts/conditioning: -

\* Sitting in straddle -

X30 leg lifts on one leg (hands close to ankle)

X20 second hold

- Repeat on other leg

X20 leg lifts both legs together (hands reaching forward inline with feet)

X20 second hold

\* Sitting in pike -

X30 leg lifts (one leg)

X20 second hold

- Repeat on other leg

X20 both legs

X20 second hold

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)

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 x20

Tricep hold for 20 seconds

Front support should taps x30

Hold front support for 20 seconds

Press up holds: Front support for 10 secs, half way for 10 secs, all the way for 10 secs – x2 sets