

Home Gymnastics Workouts – Pre School Gymnasts

Jumps: -

- Stretch jump x3
- Tuck jump x3
- Star jump x3
- Bunny jump x5
- Squat down stretch jumps x5
- Bounces up and down with body straight x10
- 10 hops on each leg
- Hop scotch – one foot to two feet

Shapes: -

Show each shape for 3 seconds x3 sets

Standing shapes –

- Stretch
- Star

Sitting on the floor –

- Tuck
- Straddle
- Pike
- Rocking in tuck
- Rocking in tuck to stand (without using hands and trying to keep knees and feet together)

Holds: -

Each hold to be held for 10 seconds x3 sets

- Dish
- Arch
- Front support
- Back support
- Straddle hold

Stretching: -

Each stretch to be held for 10 seconds x3 sets

In standing position –

- Straddle fold – legs in straddle position and hands to floor (hands in-between feet)
- Pike fold – with feet together – reach towards feet keeping legs straight

In sitting position –

- Straddle fold (legs in a straddle position - hands reaching to 1 foot, then to the other foot and then reaching both hands forward)
- Pike fold (reach hands to toes)

- Seal/cobra Stretch

- Bridges