**GYMNASTICS BREAK WORK OUT**

**Warm- up:** as much as you can remember

**Strength:**

1. **Straddle press**
   1. 2 x 10 sec with bottom in the air
   2. 2 x 10 with feet in the air legs straight

If you can do the hold with feet and bottom up then you only have to do 2 x 10 sec

1. **Pike press**
   1. 2 x 10 sec with bottom in the air
   2. 2 x 10 with feet in the air legs straight
   3. If you can do the hold with feet and bottom up then you only have to do 2 x 10 sec
2. **Hand stand Shoulder touches**
   1. 3 touches each shoulder x 2
3. **Hollow crunches**
   1. 2 x 25
4. **Push Ups**
   1. 2 x 10
5. **Tight arc rockers** 
   1. 2 x 25
6. **Swimmers**
   1. 2 x 25
7. **Leg swings** 
   1. 2 x 10 right leg each direction ( fwd, bwd, straddle swing / 2 x left leg fwd, bwd, straddle swing
   2. 2 x 10 lying on your stomach and leg swing up and back

**Good basics:**

1. Heel turn: 5 x 2 half turns one right after the other
2. Full turn on toe 10 turns
3. Step-Kick- Lever Lunge HS –Lever Lunge: x 10
4. Side X cartwheels: 5 on each side

**Flexibility:**

1. Elbow bridges with feet on something that won’t move 3 for 15 sec
2. Pike stick stretch (Put a stick under your foot and pull on it)
   1. Feet flexed/legs very straight, back as flat as you can 3 for 15
3. Lunge splits with back leg bent straight up – Each Side 2 x 1:00 minute
4. Straddle splits with elbows on floor 2 x 1:00 minute