

Xcel Conditioning from Coach Kelli

Team condition/at home gymnastics List:

*modify if needed due to injury (now is a great time to strengthen but also rest any sort of pained body parts) *

- 5 min cardio: jumping jacks, high knees, butt kickers, running outside, Up and down stairs, bike riding. .ect
- normal full stretching. *includes splits and bridges*
- laying flat on your back 30 kicks forward each side (if you have ankle weights or thera bands please add to all kicks)
- laying flat on your back 30 kicks side each side
- on your belly pressing hip into ground 30 kicks to the back each side
- standing 30 needled kicks each side.
- 30 turn preps
- 30 turns
- handstand hold 2x30-45 seconds
- hallow holds 2x30-45 seconds
- Arch holds 2x30-45 seconds
- 50 squats (add weight if you can be creative if needed)
- 50 heel raises
- 25 candlestick jumps
- 30 push up
- 30 dips on a chair
- 2 sets of 20 V-ups (cover your ears and touch your toes)
- plank hold 30 sec, to mountain climber 30 sec, then plank jump jacks with your feet 30 secs x2

* if you have a chin up bar please hang from it every day and do chin up want to try to keep your hands Calloused

Injury prevention:

- ankle circles 20 one direction, 20 the other and 20 point/flex both feet
- 20 single leg heel raises (these are slow hold a wall or chair for balance)
- 100 finger flicks (make a tight fist and open fingers all the way and as big as you can)
- with a dumb bell or can of soup wrist curls 20 up, 20 down then turn hand over for 20 up and 20 down

Visualize each routine like you were at a competition 1 of each.

The goal is as soon as we can get back in the gym we can dive right back in. but if you don't keep up on your strength and flexibility you are way more likely to get an injury. I miss you all and CAN NOT wait to get back in the gym.

Stay healthy
Kelli