

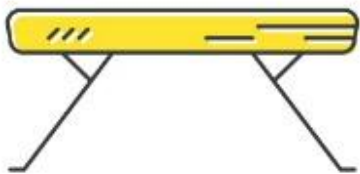


# FLOOR WORKOUT PLAN

## Beginner

Exercise	Focus Points	Number of Repetitions
<b>Jumps:</b> <ul style="list-style-type: none"> <li>Tuck</li> <li>Straddle</li> <li>Split</li> </ul>	<ul style="list-style-type: none"> <li>In the tuck jump, try to get your knees up to your chest</li> <li>In the straddle jump, make sure to keep your legs straight with toes pointed</li> <li>In the split jump, make sure to keep your legs straight with toes pointed</li> </ul>	10 of each of the jumps
<b>Split Leap</b>	<ul style="list-style-type: none"> <li>Take a couple steps and split leap</li> <li>See how wide you can get your legs to split, while still keeping your legs straight and toes pointed</li> <li>You want your legs to split evenly on both sides</li> </ul>	10
<b>Forward Roll</b>	<ul style="list-style-type: none"> <li>Start and finish in a stretched, straight stand position</li> <li>Make sure legs are squeezed together the entire time</li> </ul>	5
<b>Backward Roll</b>	<ul style="list-style-type: none"> <li>Start and finish in a stretched, straight stand position</li> <li>Make sure legs are squeezed together the entire time</li> <li>Make sure hands are pushing against the floor in the middle of the roll.</li> </ul>	5
<b><u>Handstands</u> with <u>Handstand Homework Mat</u> or against wall</b>	<ul style="list-style-type: none"> <li>Make sure legs are squeezed together, bottom is squeezed and toes are pointed</li> </ul>	5 Handstands try to hold for 10-15 seconds each

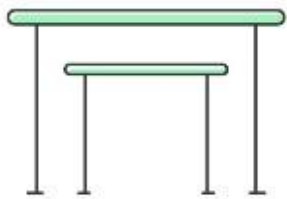
<b>Cartwheel</b>	<ul style="list-style-type: none"> <li>• Start in a lunge, cartwheel, and try to land facing the opposite direction from which you started in a lunge</li> <li>• Keep your legs straight and toes pointed</li> </ul>	20
<b>Bridge Kickover</b>	<ul style="list-style-type: none"> <li>• Start in a bridge with your legs straight and together</li> <li>• Then move one leg up and try to kickover</li> </ul>	5



# BEAM WORKOUT PLAN

## Beginner

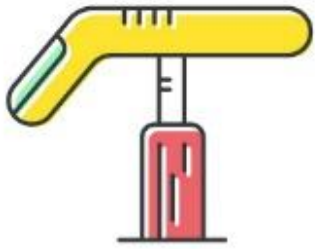
Exercise	Focus Points	Number of Repetitions
<b>Walks:</b> <ul style="list-style-type: none"> <li>• <b>Forward</b></li> <li>• <b>Backwards</b></li> <li>• <b>Sideways</b></li> <li>• <b>Dips</b></li> <li>• <b>Kicks forward</b></li> <li>• <b>Kicks backward</b></li> </ul>	<ul style="list-style-type: none"> <li>• Try to keep your legs straight as you lift them off the ground</li> <li>• You can keep your arms out to the side to help your balance</li> </ul>	1 pass down the beam, and back
<b>Relevé Stand</b>	<ul style="list-style-type: none"> <li>• Stand on your toes while trying to keep your body squeezed, your legs straight, your arms over your head</li> </ul>	3 times try to hold for 30 seconds
<b>Scales:</b> <ul style="list-style-type: none"> <li>• <b>Front</b></li> <li>• <b>Back</b></li> <li>• <b>Knee</b></li> </ul>	<ul style="list-style-type: none"> <li>• Start from a straight stand position and then lift your leg in front of you or behind you (except for knee scale)</li> <li>• Try to keep both of your legs straight with your toes pointed</li> </ul>	5 scales on each leg, both front and back
<b>Straight Jump</b>	<ul style="list-style-type: none"> <li>• Start and finish in a stretched, straight stand position</li> </ul>	5



# BARS WORKOUT PLAN

## Beginner

Exercise	Focus Points	Number of Repetitions
<b>Casts</b>	<ul style="list-style-type: none"> <li>Make sure to keep your core squeezed, legs straight with toes pointed</li> <li>Try to get your belly off the bar</li> </ul>	10
<b>Leg Cut</b>	<ul style="list-style-type: none"> <li>Make sure to keep your core squeezed, legs straight with toes pointed as you move your leg over the bar, and then back</li> <li>Once you have mastered a simple leg cut, try to lift your body slightly off the bar, before cutting your leg back</li> </ul>	3
<b>Pullover</b>	<ul style="list-style-type: none"> <li>Start from a straight stand position on the ground, and then keep your legs straight and squeezed together with your toes pointed while pulling your legs over the bar</li> <li>You want to be able to do a pullover with complete control</li> </ul>	5
<b>Tuck-Ups</b>	<ul style="list-style-type: none"> <li>Hang on the bar and with your legs squeezed together, pull them up to your chest in a tuck position</li> </ul>	10
<b>Glide</b>	<ul style="list-style-type: none"> <li>Start and finish in a straight stand position holding the bar</li> <li>Pike your legs and do a glide without letting your feet hit the ground, with your legs straight and squeezed together</li> </ul>	5



# VAULT WORKOUT PLAN

## Beginner

Exercise	Focus Points	Number of Repetitions
50' sprint	<ul style="list-style-type: none"><li>Go as fast as you can, and make sure you are accelerating</li><li>Keep your chest up</li></ul>	5
Jumps	<ul style="list-style-type: none"><li>Do these jumps right in a row as fast as you can, staying on the balls of your feet</li></ul>	20 jumps 3 times



# CONDITIONING WORKOUT PLAN

## Beginner

Exercise	Repetitions
Push-Ups from Knees	10
Arm Bends with <u>Pull Up Bar</u>	Bend your arms while hanging on a pull-up bar
Hip Lift	5 reps x 2
Squats	5 reps x 2
<u>Fitness Ball</u> Leg Curl	5 reps x 2
V-Ups	5 reps x 2



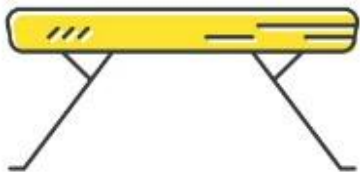
# FLOOR WORKOUT PLAN

## Intermediate

Exercise	Focus Points	Number of Repetitions
<b>Jumps:</b> <ul style="list-style-type: none"> <li>Split</li> <li>Straddle</li> <li>½ Turn</li> <li>Wolf</li> </ul>	<ul style="list-style-type: none"> <li>In the split jump, make sure to keep your legs straight, toes pointed, and to split your legs evenly</li> <li>In the straddle jump, make sure to keep your legs straight with toes pointed- try to get your legs separated 120°</li> <li>Make sure to keep your body squeezed in the ½ Turn</li> </ul>	15 of each of the jumps
<b>Split Leap</b>	<ul style="list-style-type: none"> <li>Take a couple steps and split leap</li> <li>See how wide you can get your legs to split (try to get to 120°), while still keeping your legs straight and toes pointed</li> <li>You want your legs to split evenly on both sides</li> </ul>	10
<b>½ Turn on Toe</b>	<ul style="list-style-type: none"> <li>Make sure to be in high relevé in a tight-body position</li> </ul>	10
<b>Back Extension Roll</b>	<ul style="list-style-type: none"> <li>Make sure you hit a nice, tight body position handstand</li> </ul>	5
<b><u>Handstands</u> with <u>Handstand Homework Mat</u> or against wall</b>	<ul style="list-style-type: none"> <li>Make sure legs are squeezed together, bottom is squeezed and toes are pointed</li> </ul>	5 Handstands try to hold for 30 seconds to 1 minute each
<b>Aerial or <u>Aerial Drills</u></b>	<ul style="list-style-type: none"> <li>If you can do an aerial, then practice doing them with straight legs and pointed feet</li> </ul>	10

	<ul style="list-style-type: none"> <li>Otherwise, practice mountain climber-needle kicks or cartwheel close with sliders</li> </ul>	
<b>Handstand Snap-Down Drills off <u>Panel Mat</u></b>	<ul style="list-style-type: none"> <li>Handstand snap-down drills are helpful as practice for <u>back handsprings</u>, and even once you can do a back handspring are good to practice to increase the power of your tumbling</li> </ul>	10

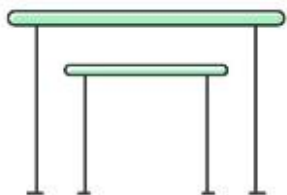




# BEAM WORKOUT PLAN

## Intermediate

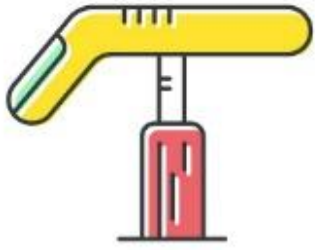
Exercise	Focus Points	Number of Repetitions
<b>Walk in Relevé:</b> <ul style="list-style-type: none"> <li>• Forward</li> <li>• Backwards</li> <li>• Sideways</li> <li>• Kicks forward</li> <li>• Kicks backward</li> </ul>	<ul style="list-style-type: none"> <li>• Walk in high relevé while maintaining a tight-body position.</li> <li>• You want to be completely squeezed and in control to minimize bobbles.</li> </ul>	1 pass down the beam, and back
<b>Relevé Stand</b>	<ul style="list-style-type: none"> <li>• Stand on your toes while trying to keep your body squeezed, your legs straight, your arms over your head and your chin lifted with eyes looking at the end of the beam in front of you</li> </ul>	3 times try to hold for 1 minute with no bobbles
<b>Jumps:</b> <ul style="list-style-type: none"> <li>• Straight</li> <li>• Tuck</li> <li>• Split</li> </ul>	<ul style="list-style-type: none"> <li>• Start and end in a straight stand position</li> <li>• Keep your body tight and squeezed with your legs straight (in the straight and split jump) and feet pointed</li> </ul>	10 each
<b>Leaps:</b> <ul style="list-style-type: none"> <li>• <b>Split</b></li> <li>• Cat</li> </ul>	<ul style="list-style-type: none"> <li>• Make sure to keep your legs straight (in the split leap) and toes pointed</li> </ul>	10 each
<b>Turns:</b> <ul style="list-style-type: none"> <li>• Pivot</li> <li>• ½ Turn on Toe</li> </ul>	<ul style="list-style-type: none"> <li>• Make sure to be in high relevé in a tight-body position</li> </ul>	10 each
<b>Handstand</b>	<ul style="list-style-type: none"> <li>• Lever in to a handstand and make sure to keep your bottom squeezed together, your legs straight and toes pointed</li> </ul>	10, try to hold for 1 second each
<b><u>Cartwheel</u></b>	<ul style="list-style-type: none"> <li>• Start and land in a lunge</li> <li>• Make sure to keep your legs straight and toes pointed</li> </ul>	Try to stick 10



# BARS WORKOUT PLAN

## Intermediate

Exercise	Focus Points	Number of Repetitions
<b>Casts</b>	<ul style="list-style-type: none"> <li>• Make sure to keep your core squeezed, legs straight with toes pointed</li> <li>• Cast as high as you can while maintaining a tight-body position</li> </ul>	20
<b>Pike Glide</b>	<ul style="list-style-type: none"> <li>• Start and finish in a straight stand position holding the bar</li> <li>• Pike your legs and do a glide without letting your feet hit the ground, with your legs straight and squeezed together</li> </ul>	10
<b>Straddle Glide</b>	<ul style="list-style-type: none"> <li>• If your bar will allow, practice straddle glides, where your legs straddle but then come together in the front of the glide</li> <li>• Make sure your feet don't hit the floor</li> </ul>	10
<b>Leg Lifts</b>	<ul style="list-style-type: none"> <li>• Hang on the bar and with your legs squeezed together, pull them up straight to the bar</li> </ul>	15
<b>Pull-Ups</b>	<ul style="list-style-type: none"> <li>• Start in a straight hanging position and pull yourself up to where your chin is over the bar</li> <li>• Keep your core tight, legs straight and squeezed together throughout</li> </ul>	5



# VAULT WORKOUT PLAN

## Intermediate

Exercise	Focus Points	Number of Repetitions
60' sprint	<ul style="list-style-type: none"><li>Go as fast as you can, and make sure you are accelerating</li><li>Keep your chest up</li></ul>	10
Jumps	<ul style="list-style-type: none"><li>Do these jumps right in a row as fast as you can, staying on the balls of your feet</li></ul>	20 jumps 5 times



# CONDITIONING WORKOUT PLAN

## Intermediate

Exercise	Repetitions
Push-Ups	10
Bent Over Rows	10 using <u>2 lb dumbbells</u> x 2
Chin-Ups with <u>Pull Up Bar</u>	Try to do 5, if you can't just try to bend your arms from a hanging position
Hip Lift	10 reps x 2
Kettlebell Deadlift	5 reps using <u>5 lb kettlebell</u> x 2
Squats	10 reps x 2
<u>Fitness Ball</u> Leg Curl	10 reps x 2
V-Ups	10 reps x 2
Planks	Hold for 30 seconds x 2



# FLOOR WORKOUT PLAN

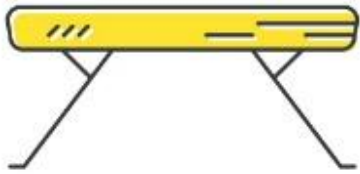
## Advanced

Exercise	Focus Points	Number of Repetitions
<b>Jumps:</b> <ul style="list-style-type: none"> <li>• 1/1 Turn</li> <li>• Pike</li> <li>• Straddle</li> <li>• Split</li> </ul>	<ul style="list-style-type: none"> <li>• Make sure to keep your body squeezed in the 1/1 turn and to land facing the exact same direction that you started facing</li> <li>• In the pike jump make sure to keep your legs together and toes pointed, and try to get your legs up to horizontal</li> <li>• In the straddle jump, make sure to keep your legs straight with toes pointed-try to get your legs split 180° and up to horizontal</li> <li>• In the split jump, make sure to keep your legs straight, toes pointed, and to split your legs evenly</li> </ul>	20 of each of the jumps
<b>Leaps:</b> <ul style="list-style-type: none"> <li>• <b>Split</b></li> <li>• Switch</li> </ul>	<ul style="list-style-type: none"> <li>• Chassé, step, split leap</li> <li>• Try to get to 180° of split while still keeping your legs straight, toes pointed and legs evenly split on both sides</li> <li>• Do Forward and Back Kicks with legs straight to increase the range of motion in your split leap</li> </ul>	15 Split Leaps,  10 Switch Leaps,  15 Forward Kicks,  15 Backward Kicks
<b>1/1 Turn on Toe</b>	<ul style="list-style-type: none"> <li>• Make sure to be in high relevé in a tight-body position</li> </ul>	15
<b><u>Handstands</u> with <u>Handstand Homework Mat</u> or against wall</b>	<ul style="list-style-type: none"> <li>• Make sure legs are squeezed together, bottom is squeezed and toes are pointed</li> </ul>	5 Handstands hold for 60 seconds each

### Press Handstands

- Practice both the straddle press handstand and the reverse- handstand lower into a straddle
- Make sure you are maintaining control along with a tight-body position

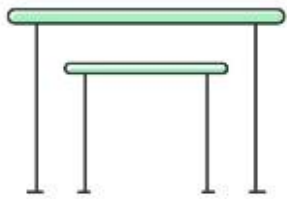
10 press handstands, and  
10 handstands lower into a  
straddle



# BEAM WORKOUT PLAN

## Advanced

Exercise	Focus Points	Number of Repetitions
<b>Walk in Relevé:</b> <ul style="list-style-type: none"> <li>• Forward</li> <li>• Backwards</li> </ul>	<ul style="list-style-type: none"> <li>• Walk in high relevé while maintaining a tight-body position.</li> <li>• You want to be completely squeezed and in control to minimize bobbles.</li> </ul>	1 pass down the beam, and back
<b>Jumps:</b> <ul style="list-style-type: none"> <li>• Straight</li> <li>• Split</li> <li>• Straddle</li> <li>• Wolf</li> <li>• Pike</li> </ul>	<ul style="list-style-type: none"> <li>• Start and end in a straight stand position</li> <li>• Keep your body tight and squeezed with your legs straight and feet pointed</li> </ul>	10 each
<b>Kicks:</b> <ul style="list-style-type: none"> <li>• Forward</li> <li>• Backward</li> <li>• Sideward</li> </ul>	<ul style="list-style-type: none"> <li>• Make sure to keep your chest up, shoulders dropped down, head facing forwards, and kick with both legs straight, feet pointed and core squeezed</li> </ul>	10 each on both legs
<b>Split Leap</b>	<ul style="list-style-type: none"> <li>• Make sure to keep your legs straight (in the split leap) and toes pointed</li> </ul>	10 each
<b>1/1 Turn on Toe</b>	<ul style="list-style-type: none"> <li>• Make sure to be in high relevé in a tight-body position</li> </ul>	10 each
<b>Handstand</b>	<ul style="list-style-type: none"> <li>• Lever in to a handstand and make sure to keep your bottom squeezed together, your legs straight and toes pointed</li> </ul>	10, hold for 5 seconds each
<b><u>Press Handstand</u> on Side of Beam</b>	<ul style="list-style-type: none"> <li>• Start standing on side of low beam, and with hands on beam press into a handstand, and then lower to a standing position on the beam</li> </ul>	10

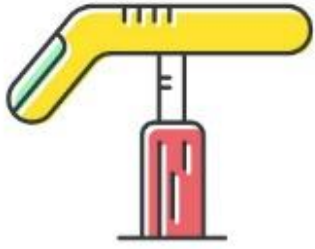


# BARS WORKOUT PLAN

## Advanced

Exercise	Focus Points	Number of Repetitions
<b>Casts</b>	<ul style="list-style-type: none"> <li>Make sure to keep your core squeezed, legs straight with toes pointed</li> <li>Try to hit horizontal</li> </ul>	20
<b><u>Kip</u></b>	<ul style="list-style-type: none"> <li>Make sure to keep your legs straight with toes pointed throughout</li> </ul>	10
<b>Kip, Cast to Horizontal</b>	<ul style="list-style-type: none"> <li>Keep a tight body position throughout</li> </ul>	10
<b>Leg Lifts</b>	<ul style="list-style-type: none"> <li>Hang on the bar and with your legs squeezed together, pull them up straight to the bar</li> </ul>	20
<b>Pull-Ups</b>	<ul style="list-style-type: none"> <li>Start in a straight hanging position and pull yourself up to where your chin is over the bar</li> <li>Keep your core tight, legs straight and squeezed together throughout</li> </ul>	15

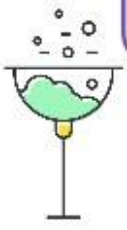




# VAULT WORKOUT PLAN

## Advanced

Exercise	Focus Points	Number of Repetitions
70' sprint	<ul style="list-style-type: none"><li>Go as fast as you can, and make sure you are accelerating</li><li>Keep your chest up</li></ul>	10
Jumps	<ul style="list-style-type: none"><li>Do these jumps right in a row as fast as you can, staying on the balls of your feet</li></ul>	20 jumps 10 times



# CONDITIONING WORKOUT PLAN

## Advanced

Exercise	Repetitions
Push-Ups	10 reps x 2
Bent Over Rows	15 using <u>3 lb dumbbells</u> x 2
Chin-Ups with <u>Pull Up Bar</u>	10
Hip Lift	15 reps x 2
Kettlebell Deadlift	10 reps using <u>10 lb kettlebell</u> x 2
Squats	15 reps x 2
<u>Fitness Ball</u> Leg Curl	15 reps x 2
V-Ups	15 reps x 2
Planks	Hold for 60 seconds x 2