

# Months 3-4

- WEEK #1- ODD WEEK (10/6-10/12)
- WEEK #2- EVEN WEEK (10/13- 10/19)
- WEEK #3- ODD WEEK (10/20- 10/26)
- WEEK #4- EVEN WEEK (10/27- 11/2)
- WEEK #5- ODD WEEK (11/3- 11/9)
- WEEK # 6- REVIEW WEEK (11/10- 11/16)
- WEEK #7- EVALUATION WEEK (11/17- 11/23)
- WEEK #8- THEME WEEK (11/24- 11/30)

# Strength Training

## Beginners

1. :30 second **jumping jacks** (switch directly into) :30 second **straight jumps**
2. 10 push ups
3. 10 shoulder taps (2 times)
4. 30 sec high plank (2 times)
5. 30 sec mountain climbers (2 times)
6. 10 handstands
7. Rope climb

## Intermediate

1. :45 second **jumping jacks** (switch directly into) :45 second **straight jumps**
2. 10 push ups (2 times)
3. 20 shoulder taps (2 times)
4. 30 sec high plank (2 times)
5. 45 sec mountain climbers (2 times)
6. 30 sec handstand hold
7. Rope climb

## Advanced

1. 1:00 min jumping jacks :10 sec rest 1:00 min straight jumps
2. 10 push ups (3 times)
3. 30 shoulder taps (2 times)
4. 45 sec high plank (2 times)
5. 1 minute mountain climbers (2 times)
6. 45 sec handstand hold
7. Rope climb

# Trampoline

## BEGINNER:

- Tuck jump
- Split jump
- Straddle jump
- Seat drop
- Knee drop
- Doggy drop

## INTERMEDIATE:

- Straddle jump
- Pike jump
- Seat drop ½ turn, seat drop
- Doggy Drop
- Back drop
- Hollow to stomach drop, stand
- Front tuck into pit

## ADVANCED:

- Pike jump
- Seat drop ½ turn
- Back drop
- Hollow to stomach drop, stand
- Doggy drop
- Doggy drop, front tuck
- Front tuck

# Vault

## ADVANCED

1. Running warm up
  - High knees down
  - Bottom kicks back
  - Ankle punches
  - Arm circle straight jumps
2. Front handspring over whale mat
3. Heel drives on vault table
4. Arm circle straight jump from block up to vault table
5. Handstand flat back with whale mat
6. Fall to handstand over barrel flat back onto mat

# Uneven Bars

## ADVANCED

1. Chin up pull over, 3 casts, back hip circle (spotted)
2. Sole circle dismount from big spotting block
  - One foot up, jump other foot up and swing to stick
  - Jump both feet at the same time
  - From cast
3. Arch to hollow holds on high bar about pit
  - Pass to tap swings
4. Cast hold with hands on floor bar and feet up to barrel
5. Hands on bar, push up hold, jump feet to bar in straddle or pike, fall to bottom w/ wedge or 8 inch mat
6. Chin up hold/chin ups on middle bar

# Balance Beam

## ADVANCED

### Warm up

- Spread out evenly on beam
- Feet in beam position, arms in crown
- 10 toe raises
- 10 second releve hold
- Repeat

### Stations

- Cartwheel on laser beam
  - Pass to cartwheel, cartwheel
- Side handstand, fall to back onto 8 inch mat on low beam
- Handstand on low beam
- Round off dismount on high beam
- Mount, releve walks -> split jump
  - Pass to split jump + straight jump
- Full turns on short beam OR floor
  - Focus on prepare, turn, finish

# Floor

## ADVANCED

1. Full turn, step up to mat
2. Back walkover to stop in bridge- leg starting in front or up, up to wedge
  - Feet at bottom of wedge, fall to bridge with one leg staying up
  - Pass to back walkover on floor then 2 connected
3. Front limber/front walkover
  - Use barrels as needed - with hands in front
4. Round off rebound on tumble trak\*\* if available
  - Pass to front handspring
  - Pass to front handspring step out round off
5. Split jump off side of panel mat
  - Pass to landing on one leg in arabesque
6. Back handspring over barrel (or with spot) with 8 inch mat