



STRENGTH TRAINING

15 MINUTE ROTATION

MONTHS 9-10

1. 10 push ups
2. 10 sit ups
3. 20 arch ups with a 15 sec hold at the end (off a panel mat or TT)
4. 30 sec wall sit
5. 10 Donkey kicks against the wall
6. Rope climb

TRAMPOLINE

15 MINUTE ROTATION

MONTHS 9-10



FOCUS

1. Proper technique
2. Arm & Leg positions
3. Pointed toes
4. Shapes of jumps

Spend 7-10 minutes working skill

- Straight jump
- Tuck jump
- Straddle jump
- Seat drop
- half twist
- Doggy drop

Spend the last 5-7 minutes trying to connect 3 or more skill. Make it fun!

VAULT (VT) MONTHS 9-10

15 MINUTES • 4-6 STATIONS

1. Straight Jump to stick off springboard
2. Straight jumps up and down onto panel mat
3. Long Jumps over panel mat
4. Tuck jump off block to stick
5. Tuck jumps over foam blocks
6. HS flat back onto mat



UNEVEN BARS (UB)

MONTHS 9-10

15 MINUTES * 4- 6 STATIONS

1. Front Support fall forward to octagon
2. Cast away
3. Glide Swing bring toes to bar
4. Candlesticks
5. Chin Holds- 5-10 sec.



BALANCE BEAM (BB)

MONTHS 9-10

15 MINUTES * 4-6 STATIONS

1. Scale Hold
2. Passe' Hold walks down beam
3. Split Jumps- lazer beam
4. Straight Jump/tuck jump combo
5. Releve' walks (fwd & bwd)
6. Fwd Roll (lazer beam)



FLOOR (FX)

MONTHS 9-10

15 MINUTES * 4-6 STATIONS

1. Candlestick
2. Dive roll off springboard down cheese mat
3. Donkey kick or handstand
4. Cartwheel to lunge
5. Chasse' to tuck jump
6. Split jump
7. Bwd roll

