

#### STRENGTH TRAINING

15 MINUTE ROTATION

#### MONTHS 9-10

- 1. 10 push ups
- 2. 10 sit ups
- 5. 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
- Pointed toes
- 4. Shapes of jumps

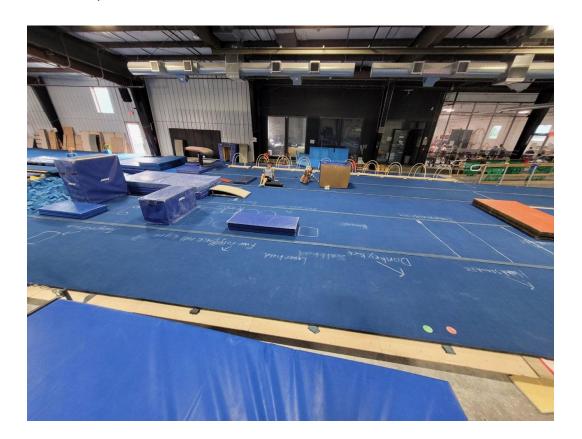
Spend 7-10 minutes working skill

- 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

- Straight Jump to stick off springboard
- 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

- 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
- Passe' Hold walks down beam
- 3. Split Jumps- lazer beam
- 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

