



# Boys Rec Skill Progression Checklist

## WEEK 1

### Monday

- Straddle press x10 sec
- Pike press x10sec
- Hurdle position (wall) x10sec

### Tuesday

- Cast position x10sec
- Hollow position x10sec
- Arch holds x10sec

### Wednesday

- Push-ups x10
- Dips x10
- Pike support x10sec

### Thursday

- Scale hold x10sec
- Candlestick hold x10sec
- Handstand (wall) x10sec

### Friday

- Rear support x10sec
- Hollow Rocks x10
- V-ups x10

## WEEK 2

### Monday

- Mountain climbers x10
- Candlestick lift x10
- T position hold x10sec
- Modified handstand push-up x10

### Tuesday

- Side support x20 sec both sides
- Bicycle x10sec
- Candlestick rocks x10

### Wednesday

- Shoulder touches x10
- Assisted single leg squat x10
- Scissors x10

### Thursday:

- Skips (go and come back) x4
- Cast position + push ups x10sec hold and 5 push-ups
- Hollow position (wall) x10sec

## **WEEK 3**

### **Monday**

- dips Beginner x10/ advance x 15
- run hurdle Beginner x10/ advance x 15
- single leg squats Beginner x10/ advance x 15

### **Tuesday**

- handstand beginner x10/advance x15
- cartwheels to lunge beginner x10/advance x15
- squat jumps beginner x10/advance x15

### **Wednesday**

- arm raises beginner x10/advance x16
- Tuck V-ups beginner x10/advance x15
- Jumping jacks beginner x10/advance x15

### **Thursday**

- Cast position push-ups beginner x10sec + 5 push-ups/ advance x20sec+ 8 push-ups
- Beginner: Hollow rocks x10 + hold x10sec/ advance: hollow rocks x15 + hold x20sec
- Burpees beginner x10/advance x15

## **WEEK 4**

### **Monday**

- L support beginner x10sec/ advance x20sec
- Run hurdle stick beginner x10/advance x15
- Candle single leg beginner x10/advance x14

### **Tuesday**

- Pike Handstand beginner x10/advance x15
- Cartwheel step it beginner x10/advance x15
- Bridge beginner x10sec/ advance x20sec

### **Wednesday**

- Plank beginner x10sec/ advance x20sec
- Straddle V-ups beginner x10/advance x15
- Mario Bross beginner x10/advance x15 each leg

### **Thursday**

- Shoulder rocks beginner x10/advance x15
- Hollow rocks beginner x10/advance x15
- Straddle V-ups beginner x10/advance x15
- Burpees beginner x10/advance x15

## WEEK 5

### **Monday**

- Leg lifts. Beginner x10/ advance x15
- Run hurdle cartwheel. Beginner x10/ advance x15
- Candlestick + straight jump. Beginner x10/ advance x15

### **Tuesday**

- Pike handstand. Beginner x10/ advance x15
- Cartwheel step in + steps. Beginner x10/ advance x15
- Single leg bride hold. Beginner x10sec/ advance x20sec

### **Wednesday**

- Arch rocks. Beginner x10/ advance x15
- Push-up to plank. Beginner x10/ advance x15
- Flat body sequence (with wall): facing up +facing down. Beginner x10 sec each/ advance x20sec each. x3reps

### **Thursday**

- Crossed scissors. Beginner x16/ advance x24
- Diamond push-up. Beginner x10/ advance x15
- Explosive lunge. Beginner x10/ advance x15