DAY 1

1. **Handstands- use any wall/door approved by parents**
   * Preschool/Beginner- straddle/pike- 10 seconds 3 times
   * Intermediate- 6 inches from wall- 30 seconds 3 times
   * Advanced- nose and hips to wall- 60 seconds 2 times

   Things for parents to look for:
   Watch athlete's hands to make sure they are pointed forward
   Head position is neutral
   Bum squeezing
   Knees and ankles together
   Toes pointed for advanced

2. **Up Downs- use stairs**
   * Preschool/Beginner - slow/working coordination ,10 times each side
   * Intermediate- working a steady rhythm- 20 times each side
   * Advanced- working for speed- 30 times each side

   Things for parents to look for:
   Start right, left up / right left down- 10 times then switch
   Left right up, left right down

3. **Hollow Hold-use floor space**
   * Preschool/Beginner- reach arms to knees- 10 seconds 3 times
   * Intermediate- lower legs- 30 seconds 3 times
   * Advanced- arms up- 60 seconds 2 times

   Things for parents to look for:
   Make sure small of the back is against the floor
   Knees should be locked out & toes pointed

4. **Superman Hold- use floor space**

   * Preschool/Beginner- arms down by side- 10 seconds 3 times
   * Intermediate- arms up by ears- 30 seconds 3 times
   * Advanced- off a higher flat surface- 60 seconds 2 times

   Things for parents to look for:

   Head stay neutral
   Nose & toes should be a few inches about ground
   When holding for advanced, hold around the ankles & they should have their hips at the end of the surface they are lifting from

5. **Pike stretch- use floor surface**

   *All levels-feed together, knees locked out straight, **gently** pull down into a pike
   Hold for 30 seconds- 2 times

DAY 2

1. **Balancing tuck & pike hold**
   * Preschool/Beginner- tuck/pike-grabbing legs with arms- 10 seconds 3 times
   * Intermediate- tuck/pike-- trying to let go of tuck or pike during the 30 sec- 30 seconds 3 times
   * Advanced- tuck/pike- no arms just balancing- 60 seconds 2 times

   Things for parents to look for:
   Watch tuck & pike position try to hold legs in close to the body
   Head position is neutral knees and ankles together
   Toes pointed

2. **Wheelbarrow walks/Push ups**
   * Preschool/Beginner - slow/working coordination ,5 times around kitchen table
   * Intermediate- working a steady rhythm- 10 times around kitchen table
   * Advanced- Pushups instead of walks- 10 pushups 3 times

   Things for parents to look for:
   Stomach and legs should be tight, back should be flat, not sagging down
   Head neutral
   Hands should point forward

3. **Frog jumps**
   * Preschool/Beginner- squatting all the way down & jumping all the way up, 10 jumps 3 times
   * Intermediate- side to side jumps- 12 jumps 3 times
   * Advanced- arms up- front to back & side to side- 12 jumps 2 times each

   Things for parents to look for:
   Jumping legs all the way straight & keeping knees/feet together
   Arms are quick to come back up to the ears with each jump

4. **Lunges**
   * Preschool/Beginner- hands on hips stepping forward and then pushing back together- 10 lunges 3 times
   * Intermediate- hands on hips jumping from right lunge to lefts- 30 seconds 3 times
   * Advanced- off a higher flat surface- 60 seconds 2 times

   Things for parents to look for:
   *Make sure knee does not bend over toes, the step should be wide
   *Hips should stay squared forward
   *Back & stomach tight as they stand, trying to use leg not back

5. **Shoulder stretch**

   *All levels- arms straight, back flat, gently press shoulders down towards the floor, turn & put arms bend walking fingers as closely together as possible. For more of a stretch squat lower to the floor
   Hold for 30 seconds- 2 times each direction