

# WINCHESTER GYMNASTICS CLUB EASTER HOME PROGRAM



Dear Parents:

Please find some useful exercises that your children can do during this time at home.

**Warm up 1:** jogging on the spot for 30 sec, Jumping jacks for 30 sec, and High knees for 30 sec.

Hops right leg then left for 15 sec each. Repeat warm up twice.

**Warm up 2:** Skipping with or without skipping rope. Forwards for 30 sec, Backwards for 30 sec

Fold the rope or put a jumper on the floor jump forwards and backwards for 30 sec.

Now jump sideways for other 30sec. repeat twice.

## STRETCHES

**1-Shoulders:** Use a rope or stick: hold the rope or stick above shoulders the idea is gently try to dislocate the joint while moving the rope backwards behind your back and up again. Don't twist your arms keep them straight. Do 6 to start with and every day add 1



**2-Back:** "happy cat, sad cat", the children know this and then add "lazy cat and stretchy cat"

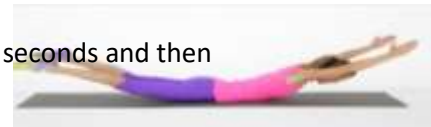
Lie on the floor on your tummy: Keep feet together on the floor while you lift arms and head of the floor **in arch position** repeat 6 times.



The same as before leave arms on the floor and lift legs straight. 6 times.



Now lift arms and legs at the same time 6 times hold the last one for 6 seconds and then rock forwards and backwards 6 times.



Pike fold from sitting position: reach forwards with your hands, back straight



Correct



curved back X



bend knees X



more difficult with flex feet

Straddle sit "japanas" the same as in Pike but legs open keeping knees looking at the ceiling.



Hips and Hamstrings:

From front support: "Caterpillar" walk feet to hands keeping legs straight.

Gentle Lounges forwards and sideways.



Lie down on your back: arms to the side, swing one leg up straight and back 10 times, repeat with other leg. Turn to the side repeat with both legs and then turn to your back and lift leg taking care not to turn your hips when lifting leg



**Splits:** Start on your knees, one leg in front, and hips facing forwards.

Slide forwards into split, as soon as you are down far enough try to pull your shoulders back hold the shape for 30 seconds repeat with other leg.



**Box split** from straddle stand slide legs to the side keeping knees facing up to the ceiling, put hands on floor and then elbows to help the legs to stretch. Hold for 30 sec.



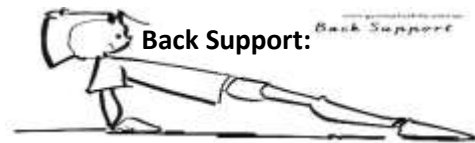
## SHAPES TO PRACTICE

**Front Support:**



Shoulders in line with hands  
Tummy in and squeeze your buttocks.

**Back Support:**



fingers facing forwards, suck tummy  
In squeeze bottom tight.

**Baby dish for beginners**



**Dish**



**Arch Shape**



Back must be on the floor

head between arms

**Shoulder stand Hold:** 1- holding hips with hands for our **beginners**

2- Arms straight along the floor for intermediates

3- Arms above head for more advance

**Shoulder stand roll to stand** 6 times don't put hands on the floor **Beginners** and intermediates

Shoulder stand roll to stand on one leg (6 times then the other leg Intermediates and advance).



**Frog balance** for **beginners** and intermediates



Bend your arms and position knees outside arms

Advance children you need to hold the frog balance and then stretch legs forwards to straddle lever.



**Pike half lever** lift one leg only then change for **beginners**.

Both legs for intermediates. Advance need to hold for 6 sec.



**Bridges** Hold for 10 seconds come down and 10 rockies for **beginners**:

Intermediates hold bridge and lift one leg up count to 10 then change leg



Advance: all the above plus ticktocks .

**Bunny hops:** in tuck for beginners. In pike for intermediates. Advance all three kicking to handstand



(do this in the garden)

Knees together, buttocks up, arms straight, hands flat on floor.

**Baby handstands and handstands.**

Remember Long step forwards to lunge

Reach forwards with your hands

**Cartwheels** in the garden please or a room with good space

**COOL DOWN** Gently stretch back, arms and legs to finish.

Good luck and Happy Easter from all coaches of WGC "KEEP SAFE"

Coditioning routine form youtube ; <https://www.youtube.com/watch?v=u2EGLlyDkXE> and <https://www.youtube.com/watch?v=LurCQ9XGkt0>

If you are happy there are more in you tube like <https://www.youtube.com/watch?v=ssFnVDM3waE>

Just have fun with this!

The coachesxx

