

SPIRIT GYMNASTICS ACADEMY

Squads 1-3 Tops Training (no blocks) 20th - 26th April 2020

Every day this week:

- Coin flip warm up – 5 mins with no rest
- Stretch
- Do your conditioning and blocks
- Record yourself doing your weekly challenge

Why not facetime a friend and do the work together?

Don't forget to tag us in any posts on Instagram to be featured in our story!

Monday 20th April

- 30 tennis ball squeezes each hand
- Knee and feet extensions (video on website)
- Feet rehab (video on facebook and link on website)
- 100 knee squeezes
- 10 elephant lifts
- 1 min hyper splits
- Bridge stretching

Wednesday 22nd April

- 50 burpees
- 10 elephant lifts
- 50 handstand shrugs
- 50 one legged squats each leg
- 100 flutter kicks in dish
- 1 min front support

Friday 24th April

- 50 burpees
- 10 elephant lifts
- 30 piked handstand push ups
- 30 tricep dips
- 30 v sits
- 100 handstand shoulder taps

Tuesday 21th April

- 50 burpees
- 30 piked handstand push ups
- 30 tricep dips
- 30 v sits
- 100 handstand shoulder taps

Thursday 23rd April

- 30 tennis ball squeezes each hand
- Knee and feet extensions (video on website)
- Feet rehab (video on facebook and link on website)
- 100 knee squeezes
- 10 elephant lifts
- 1 min hyper splits
- Bridge stretching

Saturday 25th April

- 50 burpees
- 30 press ups
- 50 handstand shrugs
- 50 one legged squats each leg
- 100 flutter kicks in dish

Sunday 26th April

- Rest!