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FOR HEALTHY LIVING  
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# VIRTUAL PRACTICE PLAN

## GYMNASTICS – WEEK 5 CONDITIONING

As with all the daily skills, make sure you spend 5 minutes stretching and warming up your limbs. Think of a rubber band – if you try to stretch it to the max right away, it will snap – we don't want that. Take the time to warm-up your body – your muscles will thank you and this will allow you to successfully train without injury.

DAY OF THE WEEK: MONDAY, APRIL 27

### FOCUS: ARMS AND CORE PART 1

Executing grand skills is a wonderful accomplishment, and to be able to do them safely and well, you need BOTH a strong mind and body. This week we are going to work on sharpening both of them.



**Wheelbarrow walking** – something you can do with your kids and their siblings. It helps to build core and hand strength.

Try to do this exercise in tiers, starting with the longest time first while the body is freshest: 40 seconds, 30 seconds, 20 seconds then 10 seconds.

**Superman** – Lay on your stomach and take flight.

First try just lifting your hands-only, then try lifting your feet-only for 15-seconds each.

For a challenge, try lifting both arms and legs and holding it for 15-seconds, then resting for 15-seconds. Repeat the 30-second cycle four-times for a total of two minutes.

If you really want a challenge, try fluttering your arms and legs once they are both lifted off the ground.





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**DAY OF THE WEEK: TUESDAY, APRIL 28**

**FOCUS: ARMS AND CORE PART 2**

Planking builds strong arms and core, including the abs, obliques, while also helping out with quads, glutes and shoulders. Practice holding for 15-seconds, then resting for 15-seconds, and repeating the 30-second set, four times.

[Proper Form for Planking](#)

**DAY OF THE WEEK: WEDNESDAY, APRIL 29**

**FOCUS: CORE COORDINATION**

When we ask our bodies to move in a way that's not natural or second nature to us (i.e. like walking backwards on a treadmill), it requires our body to activate our muscles for coordination and balance. I'm sure we can all remember saying "man, I never knew I had muscles there before." It's because your muscles are working double-time to (a) process the alternative movement and (b) execute it.



**Crab Walking** – make it a game with relay races. If you really want a challenge, see if you can coax your siblings into a game of crab soccer. And of course, you can always crab walk on your own.

With your tummy facing upwards, get on your hands and feet – almost like your torso has formed a table – lift up that bottom, and start walking. Oh, the places you'll go!

**Bridges** – Lie down on the floor with your knees bend and feet flat. Raise your bottom up and off the floor by pressing your heels firmly into the ground. Your head and shoulders should stay on the ground. The longer this position can be held, the stronger that core is!



This exercise not only tightens one's core but strengthens – and will help tone – the gluteus maximus (the butt) as well. When those glutes get stronger, sprinting and springing will not only be easier but there will be more power in the push-off. You'll jump higher too!



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**DAY OF THE WEEK: THURSDAY, APRIL 30**

**FOCUS: CORE CURL-UPS**

Curl-ups are great to encourage kids to do during a commercial break because it's a good time frame for the workout and they might even continue doing it when the show comes back on!

**[Curl-Ups Demonstrated](#)**

CHALLENGE: Curl-Ups with a twist! This time put your hands behind your head and interlace your fingers. As you come up, bring your right elbow to your left knee and lay back down. Then bring your left elbow to your right knee. Repeat and see how many you can do in 15-seconds and then try to match or beat that number.

**LETTING LOOSE**

**["SHAKE IT OFF"](#) dance workout with these fun kiddos!**

**Come and join.**

**DAY OF THE WEEK: FRIDAY, MAY 1**

**FUN CONDITIONING: BABY SHARK CHALLENGE**

Let's put together everything we've learned this week and give our core the ultimate challenge.

**[BABY SHARK CHALLENGE](#)**

Try to incorporate these conditioning exercises into your virtual practice plans daily. Feel how your body gets stronger and stronger and you're able to do more repetitions without fatiguing as quickly, and possibly even do more repetitions in the same 15-second timeframe.

## GYMNASTICS – WEEK 6

**This week is a repeat of week 4. After week 5's conditioning, let's go back to some of these more advanced, gymnastics strength skills and see how you're mastering them with a stronger body.**

**DAY OF THE WEEK: MONDAY, MAY 4**

### FOCUS: ONE-HANDED CARTWHEEL

Cartwheels are so much fun, so let's [learn how to do cartwheels one-handed](#).

To get warmed up, do a side plank with your dominant hand on the floor and then open up your body to face the sky with the other hand. Then switch sides.



Practice little hops as demonstrated on the tutorial to get comfortable with your full-body weight and movement on one hand. Start with your dominant foot pointed in front and that same arm straight up above your head. (1:00 – 1:20 on the video).

Then follow it up with a half circle hop.

When you ARE ready to do it, remember there's no halfway point in the movement. The skill requires force and you get that by launching yourself from beginning to the end of the skills. If you have a friend or parent to help spot you and get comfortable with the move, enlist in the support and help.



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**DAY OF THE WEEK: TUESDAY, MAY 5**

**FOCUS: STANDING UP FROM A BACKBEND**

Now that you're in a backbend, how do you get back up? This tutorial will show you how to accomplish that. But first...

1. Stretch, stretch, stretch. This tutorial spends the first minute with exercises to stretch your wrist and back. Stretching is the SMART thing to do, and since you're an athlete, you know it's the smart thing to do as well.
2. Practice starting in a standing position and bending over into a backbend. If you need a refresher, refer to the [Week 2 video of Backbends](#).
3. Once in the backbend position, rock back and forth to give yourself momentum to stand back up. Walk your hands closer to your feet help you "pop" up.
4. If you have someone to spot you, that's a GREAT way to get comfortable and get a "feel" for what the movement will feel like on your own.
5. Practice "[How the Stand Up From a Backbend](#)."

CHALLENGE: Combine Weeks 1, 2 and 4 with:

- ✓ A [Handstand into a backbend](#) and then [stand up from the backbend](#).

**Fun & Conditioning**

[15-Minute Kids Dance and Fitness Video](#)

AND

[BABY SHARK CHALLENGE](#)



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**DAY OF THE WEEK: WEDNESDAY, MAY 6**

**FOCUS: BACKBEND KICKOVER**

You'll remember in week two we worked on the backbend. Now we are going to work on a connecting move to get you out of the backbend and into the next skill.

This video will do a refresh on the backbend elements, techniques and ways to hone your comfort and skill into "falling" into a backbend.

When you are ready to do the kickover, if you skip to 2:15 on the video, it demonstrates practicing first with an ottoman or something that will help elevate your feet to make starting the kickover a bit easier.

[How to Do a Backbend Kickover](#)

**Advanced:** One fluid movement of a cartwheel into a backbend kickover.

**DAY OF THE WEEK: THURSDAY, MAY 7**

**FOCUS: MODIFIED KICKOVER INTO A BACK WALKOVER**

Yep, now we're really advancing our skills and [learn how to do a BACK WALKOVER](#).

Be sure all of the elements up to this point are mastered. If it takes a few more days for each element, that's okay. Spend the time to do it right, not rushed. We want you to be successful in your journey, which starts with the correct form and skill mastery.

**Modified kickover**  
(0:00 – 2:30 on video):

1. Start standing with your dominant foot slightly in front of the other foot.
2. "Fall down" into your backbend, keeping your feet staggered.
3. Then do a kickover to get back up.



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**Balance Drills and Tips on Getting Comfortable with “Falling” Backwards**  
(2:35 – 4:10 on video):

1. Once you’ve mastered the modified kickover, work on core strengthening and balance skills. Everything starts with a strong core.
2. It also shares techniques on how to work through the “blind fall” and how to trust yourself by practicing looking up and behind.

Now put it all together and voila, you’ve mastered one of the essential, and advanced, connections in gymnastics.

**DAY OF THE WEEK: FRIDAY, MAY 8**

**PUTTING IT ALL TOGETHER WITH WEEKS 1 - 4**

Now that you’ve learned a lot of the forward and backward skills and connecting skills, the opportunities are endless. Here are a few routines you can do, but also, feel free to make them up on your own and share them with others.

- ✓ Forward roll and stand up with your arms by your ears, ready for the next move.
- ✓ Do a scale for balance, up into a handstand.
- ✓ “Fall” into a backbend and stand up.
- ✓ Cartwheel (one-handed or two)
- ✓ When you stand-up from the cartwheel you’re facing the opposite direction and arm are by your ears and ready to go into a backbend kickover.
- ✓ Follow it up with a split leap, step and then full turn (add a vertical split if you can).
- ✓ If you want to add more, finish it off with either a roundoff or a back walkover.