



# GYMNASTICS INSTRUCTION



## WARM UP

1. Jumping jacks x10
2. Arm circles forward & backward x10 each
3. Standing twist x10
4. Stand & reach to your toes
5. Stretch your wrists - forward / backward / side
6. Straddle sit stretch - to the left / right / middle
7. Pike sit (knees straight) & reach to your toes
8. Stick & stand - jump and land straight

## FLOOR EXERCISES

1. Jumps - tuck (knees up), straddle, half turn
2. Passe balance - stand on one leg
3. Scales - one leg to the side, then back
4. Pivot turns - feet stay in place
5. Seated rock back and forth holding your knees
6. Candlestick - rock back and feet up to the sky
7. Forward rolls - remember safety! Chin to chest
8. Teeter-totter hand stand - lunge and kick feet up

## BEAM EXERCISES

Use a taped line, a line in the tile, or across a curb. Hold your arms out for balance.

1. Walk sideways - step together both directions
2. Walk forward and pivot turn to change directions
3. Walk backward
4. Passe and kick forward to take steps
5. Jump straight up with your arms overhead
6. Scales with one leg back

## VAULT EXERCISES

Mark out a long runway and a spot to jump off the springboard.

1. Practice running fast! Down and back 3 times
2. Run with high knees
3. Run with bottom kicks
4. Hurdle - run to the spring board, two feet on the board and jump off
5. Run to the spring board and tuck jump off the board
6. Run to the spring board and straddle jump off the board
7. Run to the spring board and jump off the board however you want!

## FLOOR ROUTINE

1. Salute! Girls both arms up, boys one arm up
2. Scale
3. Tuck jump, straddle jump, jump turn
4. Teeter totter hand stand
5. Roll forward
6. Stand up and salute!

## CONDITIONING

1. Crunches x10
2. Push ups x10
3. V-sit x10 seconds
4. Plank x10 seconds
5. Lunges x10 each leg
6. Squats x10

**Your turn! Create your own routine and share it with us!**

Thank you, Coach Amy!