

Gymnastics portal

Week:3 Wednesday 1st April 2020

Please find our Week 3 home training program, with fun activities to keep your little ones entertained (we hope for an hour or so!) We will upload new activity packs every Tuesday evening for the time that Spectrum is closed. We have also uploaded some **very exciting videos** to our YouTube channel see below!

Coach Jim says.....“Welcome! It’s warm up time”

Just like we do in the gym, it’s important to get your heart rate up and oxygen into your lungs. To get your blood flowing around your body so that you do not pull a muscle. Lets try a warm up now. Make sure you have plenty of room around you (no broken tv’s please) to be in loose fitting clothes (don’t rip your jeans!) and try to get the mums and dads involved kids!! Exercise is FUN!!!!!!

ALL Warm up videos now on our YouTube channel, CLICK THE LINKS BELOW:

Pre school - WARM UP WITH GEORGIA [HERE](#)

Recreational levels - WARM UP WITH KATIE [HERE](#)

Squad ‘DANCE MONKEY WARM UP WITH KATIE [HERE](#)



Why is it important to warm up before exercising?

- 1).....
- 2).....
- 3).....

ARM Exercises (Videos coming soon to [YouTube](#))

Pre School & Next Steps 5 repetitions

Novice/Beginners levels 5-10 reps

X5-10 Chair dips

X5-10 Press ups against the wall

X5-10 Press ups hands on sofa

X5-10 Arms out to horizontal hold, little circles
bwd/fwd

Intermediate 10 reps

2-3hr Lessons & Mini Squad 15-20 reps

Squad 25-30reps

X10-30 Chair dips

X10-30 Press ups wide arms

X10-30 Press ups diamond hands

X10-30 Arm circles back/repeat forward

X10-30 Rear support press ups

X10-30 Press up incline feet on sofa

X20-30 Down,down,up,up's (down = onto forearms)

Stretch section:

Reduce times for lower levels - set an egg timer or the clock and hold.....

- 1 arm up over your head - try and scratch your back, change arms 10 secs each
- Left leg splits 30secs-2mins
- Right leg splits 30secs-2mins
- Box splits 30secs-2mins
- X3 Pushes to bridge and hold for 5-10 secs each
- Shoulder stretch hold 30secs-2mins
- Butterfly sit head down 10-30secs
- Japana 10-30 secs

Phew that was great.....Well done!

Activity Section:

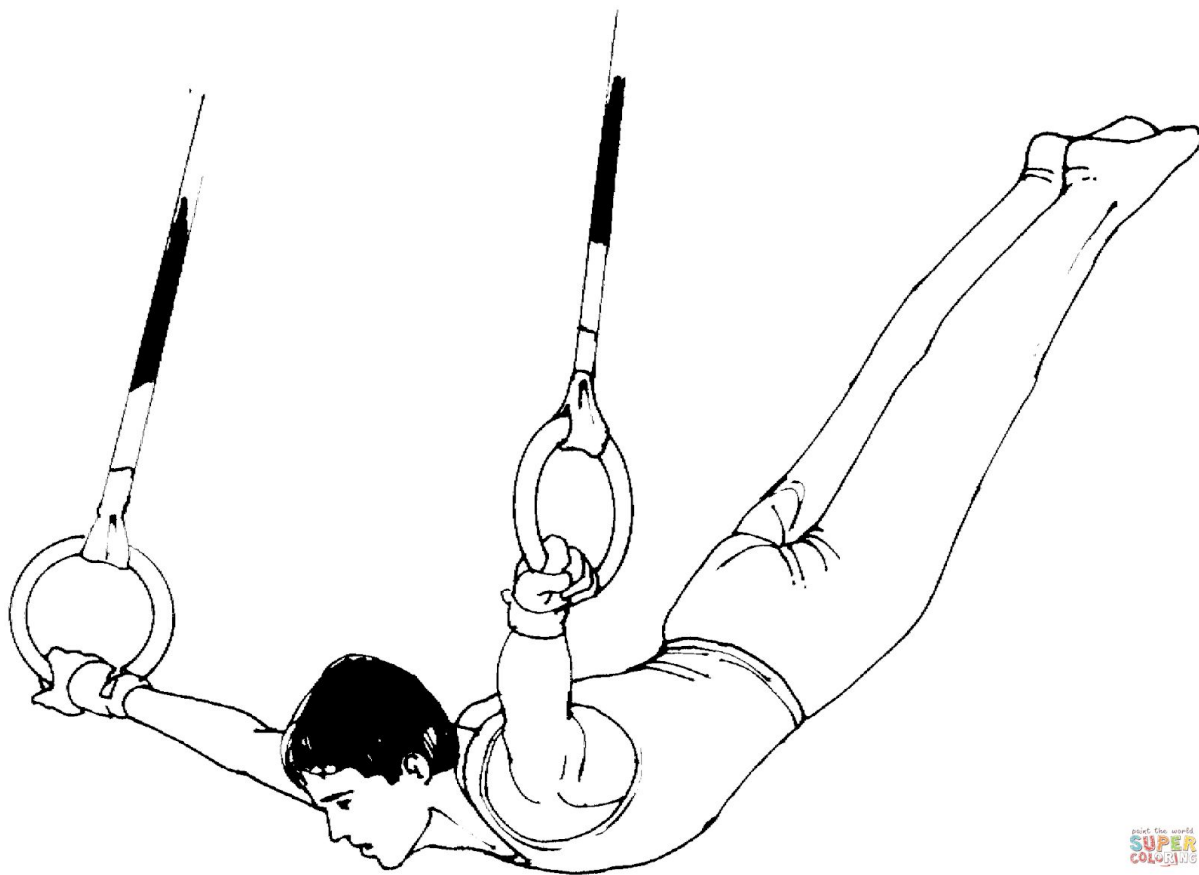
Colour in our gymnast

What skill is she performing?.....



Colour in our gymnast

What apparatus is he performing on?



Spectrum Star Challenges:

‘ALPHABET WORK-OUT CHALLENGE’

Watch Milly demonstrate all the skills below on Friday!

Spell your first and second name with the exercises below. Do as many repetitions as your age. Example: 7years old = 7 reps of each...GIVE IT A GO!

A - PRESS UPS

B - JOG ON THE SPOT 1 MIN

C - SQUAT JUMPS

D - BURPEES

E - STAR JUMPS

F - LUNGES

G - 1 MIN SKIPPING

H - 30 SEC PLANK HOLD

I - SKI JUMPS

J - WIDE SQUATS

K - SIT UPS

L - REAR SUPPORT PRESS UPS

M - BACK RAISES

N - HOLD DISH 20 SECS

O - V SITS

P - SOMI SNAPS

Q - SPOTTY DOGS

R - CALF RAISES

S - ON TUMMY LEG RAISES

T - HOLD ARMS OUT TO THE SIDE 30 SECS

U - MOUNTAIN CLIMBERS

V - CHAIR SITS

W - HOLD SIDE PLANK 10 SECS EACH SIDE

X - WALL SIT 30 SECS

Y - SIDE LUNGES ON EACH LEG

Z - HOLD DEEP SQUAT 20 SECS

Amazing job! See you next week xx