

Lesson 2- Gymnastics conditioning

Gymnastics conditioning exercises that will help you develop tumbling skills such as rolls, handstands and cartwheels.



Straight jump

Start with straight jumps 20 times with arms up beside the ears and ensure to push through the toes.



Bunny hop

Exercise 2 is the bunny hop and it is a weight bearing exercise. Put your hands down in line with the shoulders and try and flick our bottom with our feet encouraging the weight to be bearing on to the hands. This is to be performed 20 times!



Rock to stand

'Rock to stand' exercise is really good for the core and to help you to come out of forward rolls. Ensure the arms are straight out in front of you throughout this exercise. You sit with your knees up, roll backwards (using your core) so that your back is flat on the floor and legs are in a right angled position. Then roll back further, keeping your legs in the right angled position but the knees are slightly past your head and arms are laid flat (straight above your head). Repeat this 20 times.



Falling lunge

A good balancing and core exercise is the 'falling lunge'. We start with our arms in a straight position and lift up on our toes (allowing gravity to pull us forwards). You then lean in the direction you are facing and take a step forward and hold the lunge. Whilst in the lunge, you can add a back kick and leg raises to encourage power pushing into cartwheels and handstands. Perform the 'falling lunge' 10 times on each leg.



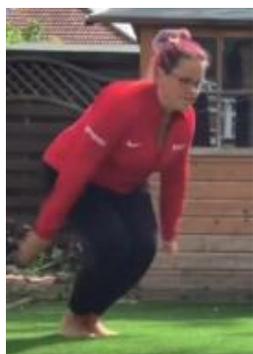
Back kicks



Leg raises

Broad jump

This is a fun one; nice, big 'broad jumps'! Start with your arms out behind you ready to swing them forwards, as your arms pass your knees, you bend your knees, your arms swing towards your ears and then you jump with both feet off the ground. Ensure to land with slightly bent knees and then straighten your legs with your arms up. Try to remember to keep the arms up by the ears, swing into athletic position and then swing your arms forward to perform a lovely, long jump! The 'broad jump' is to be performed 20 times.



Knees to feet tuck jump

The 'knees to feet tuck jump' starts on our knees making sure our toes are tucked under so not flat and arms are up by the head, you push back and go into the balls of your feet and then straight into a tuck jump (lifting the knees up high).



Jumping knees to feet

To advance the 'knees to feet tuck jump' skill, we jump from our knees to our feet, encouraging the feet to come underneath the body as fast as you can and using the arm swing to help us get the power (as you would do to do any running cartwheels or running tumbling). This is to be done 20 times.

