At Home Gymnastics Workouts
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Disclaimer: These workouts should only be performed with adult supervision. Fox Valley Gymnastics and Fox Valley Park District cannot be held responsible for any injury that results from using these workout plans.
Warm Up

Before starting your workout, please warm up with a minute or two of cardio and a few minutes of stretching so that your body is warmed up and ready to go!

Here is a basic standing warmup you can do (feel free to substitute for your own exercises!!)

- Jog in place for 30 seconds
- Roll your wrists around for 15 seconds
- Roll your ankles around for 15 seconds each
- Roll your head around very slowly 3x (in both directions)
- Roll your shoulders backwards and forwards for 15 seconds
- Circle your arms forward and backwards for 15 seconds
- Circle your hips around for 15 seconds
- Bend your knees and using your hands circle your knees around for 15 seconds

Optional additional floor stretches:

- Hold a seal stretch for 15 seconds
- Hold a downward dog for 15 seconds
- Child’s pose for 15 seconds

Now you’re ready to exercise!
Skill of the Week: Bridge

1. Start lying on your back. Knees should be bent, feet flat on floor and hands flat on floor right by your ears. Make sure your fingers are facing your feet.

2. Push your hands into the floor, raising your body straight up and off the floor, until your elbows are straight.

3. (For an extra challenge, push your shoulders outwards in order to straighten out your legs!)

4. Hold for 10 seconds then bring your chin to your chest, look at your belly button and lower down slowly.
Skill of the Week: Plank

1. Start lying on your stomach, legs straight and together behind you.

2. Place your toes on the floor and push yourself up onto your elbows. Your elbows should be placed directly below your shoulders.

3. Squeeze your body tight to make sure that your body is a straight line from head to toe.

4. Hold for 30 seconds (or increase time for a challenge!)

5. Repeat one more time!
Skill of the Week: Push-Up

1. Start with your toes on the floor and your arms straight. Your wrists should be placed directly below your shoulders.

2. Squeeze your body tight to make sure that your body is a straight line from head to toe.

3. Keeping your body straight, bend your arms then push back up.

4. Make sure that you are pushing your belly button in and your back is straight. Only bend your elbows as much as you can. If your back starts to arch then you should stop and push back up.

5. Do 5 push-ups.

6. Really want to challenge yourself? Do 5 more push-ups!
Skill of the Week: Leg Lifts

1. Begin in a pike position, sitting up tall and legs squeezed together straight in front of you.

2. Keeping your back as straight and tall as you can, slowly raise one leg, keeping your leg straight and toe pointed.

3. Slowly lower your leg to the ground.

4. Repeat on the other side.

5. Next, try to raise both legs at the same time - keeping your back nice and straight!

6. Do 5 leg raises on each side

7. Then do 5 leg raises with both legs together
Skill of the Week: Candlesticks

1. Start lying on your back, legs straight and together, and arms by your side.

2. Keeping your form, slowly raise your legs up as high as you can, getting your back straight and just leaving your head and shoulders on the ground.

3. You can hold your back for support or you can leave your arms on the ground for a challenge.

4. Hold for 10 seconds then lower down slowly.

5. Repeat 3 times for 10 seconds each.
Skill of the Week: Donkey Kicks

1. Begin with your hands and feet on the floor. Slightly bend your knees and position your arms so they are covering your ears. This is your starting position.

2. Keeping your hands pressed firmly into the ground, jump off the balls of your feet.

3. Bring your hips up as high as you can while keeping your back straight.

4. Let your feet back down to the floor to return to your starting position.

5. Do two sets of 10 donkey kicks.
Skill of the Week: Lunges

1. Start standing tall, hands on your hips.

2. Step one leg forward. Your feet should be wide enough apart so that when you lower yourself, your front knee doesn’t move past your toes.

3. Slowly lower your body downward, keeping your chest up and your front knee aligned above (never extended past) your front ankle.

4. Return to the starting position and repeat using your other leg.

5. Try 10 lunges on one leg, then do 10 more on the other side!
Skill of the Week: Lever (Tiger Tail)

1. Start in a lunge: back leg straight, front leg slightly bent, and arms straight and by your ears.

2. Reach forward with your arms while lifting your back leg. Try to move your body as a see-saw. That means as your hands reach your back leg comes up. Your body is in a straight line the whole time - from your fingertips to your toes!

3. Make sure your arms and the lifted leg are straight.

4. Put your hands down flat on the floor and count to 5.

5. Then push off the floor back into a lunge.

6. Try to pass through a T position on your way down into the lever and on the way back up

7. Try 3 levers on each side.
Skill of the Week: High Knees

1. Stand up straight and place your feet about hip-width apart. Place your hands palms-down facing the floor, hovering just above your belly button.

2. Quickly drive your right knee up to meet your right hand, bring the same leg back to the ground immediately and bring the left knee coming up to meet your left hand.

3. As you are alternating knees, you want to do it with a hopping motion, staying on the balls of your feet the entire time. Make sure you are engaging your abs as each knee comes up to meet the hands.

4. For a challenge try to get your knee to your chest.

5. Do for 30 second.

6. Tip: Don’t rush the high knees - do it with good form and take your time. This is an ab exercise (not cardio.)
Skill of the Week: Wall Sit

1. Start standing a few inches away from the wall with your legs together and arms straight and behind your ears.

2. Bend your knees so your back is on the wall, your thighs are parallel to the floor, and arms are by your ears. Make sure that your knees don’t go past your toes. (Your ankles should be directly below your knees.)

3. Hold for 20 seconds then stand back up.

4. Repeat 3 times.