** Kennylands gymnastics at home conditioning (Recreational)

ACTIVITY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

ACTIVITY	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
SETS	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
WARM-UP X10 Shuttle runs																					
WARM-UP X10 Squat jumps																					
WARM-UP X20 Star jumps																					
Dish hold (x10 secs)																					
Arch hold (x10 secs)																					
Front Support hold (x 15 secs)																					
Shoulder stand – with hand support (x15 secs)																					
Sit ups (x15)																					
Press ups – knees on floor if need be (x15)																					
Tricep dips – hands on chair/ sofa etc (x15)																					
Handstand hold - walk feet up wall (x10 secs)																					

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Kennylands gymnastics at home flexibility (Recreational) **WEDNESDAY THURSDAY ACTIVITY MONDAY TUESDAY FRIDAY SATURDAY SUNDAY** 2 **SETS** 1 2 3 1 Pike fold (x15 secs) Japana straddle fold (x15 secs) Bridge (x5 secs) Right leg splits (x30 secs) **Left leg splits** (x30 secs) Box splits (x30 secs) Arabesque (both legs) with leg held above chair/ sofa (x10 secs) **メエエエエエエエエエエエエエエ**