

Flips Gymnastics Vacation Training Guide

Shape, form, technique, most important

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Everyday							
Run 10 minutes to warm-up							
oversplits 1minute front leg up on elevated surface: right and left (arms up)							
oversplits 1minute back leg up on elevated surface: right and left (arms up)							
shoulder flexibility circuit							

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Monday, Wednesday, Friday (2 times through)							
Press Handstands (10)							
Handstand Push-ups (10)							
Lying Levers (10)							
Push Ups (50)							
Still handstands against the wall - both sides (60 seconds)							
Handstand Shoulder Shrugs (15)							
Push Up Shoulder Shrugs (15)							
Body lifts over a whatever (Arch and hollow) (15 per direction)							
Hollow, arch, side crunches (hips open) (20's all the way around)							
Hollow Holds (60 seconds)							
Arch Holds (60 seconds)							
Feet on Bed shoulder stretching (30 seconds) (let head hang)							

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Tuesday, Thursday, Saturday							
Frog Jumps (2 passes vaulting runway, or 3 passes floor ex diagonal)							
One-Leg Hurdles (2 passes vaulting runway, or 3 passes floor ex diagonal, on each leg)							
Lunge Jumps (15 on each leg, twice)							
Single-Leg Squats (10 reps on each leg, twice)							
Toe Raises (20 reps on each foot, and 20 reps with feet together, twice)							
Bound to hollow facing the wall, touch each bound (1 set of 10 reps) (reach up)							
Bound to arch back against the wall, touch each bound (1 set of 10 reps) (reach up)							
V-ups (3 sets of 50 reps)							
Arch Ups (3 sets of 50 reps)							
Crunches (3 sets of 50)							
Arch Flutters (3 sets of 50)							
Lying Kip Pulls (15) (2 sets) (Partner resistance)							
Lying Cast Opens (15) (2 sets) (Partner resistance)							