

Dear Parents and Gymnasts,

This is a difficult time for all of us but we will do our best to stay positive and productive and we hope you will do the same.

We are sending you some ideas for some safe at home gymnastics. This is a list that can be done at home that will benefit your gymnastics skills. This list is suitable for all ages and is just some suggestions to keep you going.

Please continue to check your email for information regarding the gym reopening.

STAY SAFE, STAY HEALTHY!!!

**XOXO,
Elite Gymnastics**

Warm up

STRETCH:

Arm circles forward and backwards.

Stretch out your shoulders and wrist.

Straddle; reach to the right foot, left foot, then down the middle. Hold each for 10 seconds.

Pike; reach for your toes.

Roll out your ankles.

Make a bridge or a table

SPLITS:

Do both right and left leg, lunge and hold it for 10 seconds, slide into your split, count to 15.

Middle split count to 15

10 Candlesticks: hold for 5 seconds.

10 Kicks on each leg: forward, sideways and backwards.

Jumps: Straight, tuck and straddle. (10 of each)

5 Levers on each leg. ("Lunge, lever, lunge")

Conditioning

30 Jumping Jacks

Run in place 1 Minute

25 Toe raises (go up on your tippy toes come back down. This is done slowly)

10 push ups

20 frog jumps

20 lunge walks

Have you seen our team girls doing their floor and beam routines? Have some fun and make up your own!

Floor: Pick your favorite song and make up your own routine to it. Use a combination of dance (leaps turns and jumps) and SAFE skills.

Beam: Make up a routine as if you were on a balance beam. Try to make the routine 30 seconds long. Use skills and some cool poses!

Make sure you have ample space for your gymnastics activities. We don't want anyone hitting into anything.

Feel free to send us a video of your routines via Facebook or email.

Be creative, have fun and BE SAFE!