Competitive Dryland

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| 1.Warm up in spot | 4. Takeoffs – **look at the ground** |
| * Jogging * High knees * Bum kicks * Squat and twist * Lunges * Jumping jacks * Plank | * Standing twister jumps – half front * Standing twister jumps – half back * Standing twister jumps – full front * 5 HOH jumps for height * 10 Armswings with pause at ears (no knees) * 5 Armswing breakdowns (toes, knees, swing, jump) * 5 Armswing jumps for height (Y) * 123 * TYO with rocks * H snap * Full Hurdle Breakdown |
| 2. Crash Mat and Strength | 5. Rolls |
| Onto mat   * 102 C * 402 C * 201 C * 301 C * 202 C * Back twisters   On mat   * Armswing 100 C * 102 C->B * 201 C   Strength   * Plank tabada – front, sides, back   Circuit   * Deficit single-leg jump * Box jumps * Calf raises * Forward ball slams | * Front toe walks * Front singles with jump * Front one and a half * Inward one and a half * Front two and a half * Round offs * Back toe walks * Back singles with jump * Back one and a half * Walking armswings |
| 3. In spot core X 15 or 30 seconds | 6. Sims and stretch |
| * Hollow Body Hold * Half tuck kickouts * Tuck to pike kickout * Candle sticks * Back dive tuck kickout – tuck, kick, look, reach * BHBH arms up * Back lifts * Pike ups * Pike kickouts * Handstands | * Entry pulls * 101c->b, 103c->b, 104c, 105c * 401c->b, 402c,403c->b * 201c, 201b, 202a, 203c * 301c * 5121d, 5123d, 5221d, 5223d   Stretch |