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  |