Developing Dryland

Tuesday/Thursday/Sunday

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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
 | * 5 HOH jumps for height
* 10 Armswings with pause at ears (no knees)
* 5 Armswing jumps for height (Y)
* 5 Armswing breakdowns (Y) – T, up on toes and close to Y, bend, swing and jump, feet in front in the jump
* 7 123 (normal speed TYO)
* TYO with rocks (toes rock rock, arms rock rock, close, bend, swing, jump
* Standing twister jumps

\*look at ground 2-3 ft in front\*tuck belly and bum under\*loose shoulders, straight arms and hands\*feet come in front, in the jump |
| 2. Rolls – stand up between rolls  | 5.Crash Mat and Stretch  |
| * Front toe walks
* Front single with jump
* Front one and a half
* Inward one and a half
* Round offs
* Back toe walks
* Back singles with jump
* Back one and a half
* Walking armswings
* Skipping
 | Onto mat* 102C
* 401C
* 201C

On mat* Armswing 100 C
* 102 C->B
* 201 C

Stretch when not on the mat |
| 3. In spot core X 15 or 30 seconds  | Extra if time  |
| * 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
* Handstands
 | Partner core* Plank hold in air with leg drop
* Hollow hold in air with leg drop
* Hollow lower holding onto partners legs
* Entry pulls

Strength* Jump squats
* Calf raises
* Forward ball slams
* Push ups
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