Learn to Dive

|  |  |
| --- | --- |
| 1.Warm up in spot X 10 seconds | 4. Rolls – 1 line |
| * Jogging * High knees * Bum kicks * Squat and twist * Lunges * Jumping jacks * Plank | * Front toe walks * Toe hops * Front rolls * Cartwheels * Back toe walks * Back toe hops * Back rolls * Walking armswings * Skipping |
| 2. Takeoffs – look at the ground | 5. In spot core X 12 or 20 second hold |
| * 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)   \*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 | * 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   Strength   * Jump squats X 10 * Calf raises X 20 * Push ups X 10 |
| 3. Crash Mat | 6. Stretch |
| Onto mat   * TYO 100 C X 2 * TYO 200 C X 2 * 101 C X 2 * 102 C X 2   On mat   * Armswing 100 C X 3 | Head to Toe   * Focus on pike, shoulders, feet, hands |