Learn to Dive

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| 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
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