

FALL BREAK WORK OUT SHEET

There are 2 parts! Workouts and Skill Videos.

How/Where to turn in: Videos or screen shots will need to be sent in your athlete BAND in the correct album. If your team does not have one or you are not in the athlete one, you may send in the parent BAND. To find albums, go to your team band. Click on Albums on top right, then scroll down to find correct album. Coaches will make albums for you to post in. Videos sent by private message WILL NOT BE ACCEPTED. Please follow the instructions! If you do not complete by the deadline, you will have 20 units of burpee to double toe touch per section not completed and will not receive a gold star for the week.

ALL WORKOUT VIDEOS/SCREEN SHOTS ARE DUE IN BAND BY THE TIME YOUR PRACTICE STARTS ON SUNDAY, 11.30- NO EXCEPTIONS!

ALL STUNT/TUMBLE VIDEOS ARE DUE IN BAND BY end of day SUNDAY 11.30- NO EXCEPTIONS!

Workout Instructions: You must do EACH workout 1x between 11.21-11.30. You will need to do a timelapse video or set a workout on a smart watch and take a screen shot. Screenshots need to include the date and time length of the work out. If you do a clinic or private (30 minutes) at the gym, that will count for one workout. To record these, please take a picture with the coach and send that in the BAND.

WORKOUT 1: count down

Check in: 3 8 count warm up tracks.
50 jumping jacks
45 sec wall sit
40 crunches
35 squats
30 plank shoulder taps
25 tuck jumps
20 burpees
15 V ups
10 push-ups
5 candle stick to tuck jump
Check out: 2 Routine Walk throughs will music.

WORKOUT 2: 50/10 50 sec workout 10 sec rest

Check in: 3 8 count warm up tracks.
Burpees
Jumping Jacks with High V
Jumping lunges
Push-ups w/ opposite leg/arm lift
Toe touch V ups
Tuck Jumps
Plank hold
Check out: Hold each split (right, left and middle) for 1 minute each

WORKOUT 3: SCORE 24

Check in: 3 8 count warm up tracks.
24 Burpees
24 Front Lunges
24 Tricep dips
24 Push ups
24 Calf Raises
24 V-ups
24 Jumping Jacks
24 Leg Lifts
Check out: 2 Routine Walk throughs will music.

EXCITE!
— GYM & CHEER —

STUNT/TUMBLE REQUIREMENTS:

-These must be taken at the gym for safety reasons. See hotline for available times to come in. If those times do not work, please email in cheer@excitegym.com. It is your responsibility to organize stunt group times to get these done. *This must be with your full choreographed stunt group- you may not use fill ins!*

-BWO= back walkover

Tremor:

-Tumble: 2 BWO 5x (all athletes, even those not choreographed in section, must complete)

-Stunt: Elite Stunt 3x/ Juliet, Piper and Hayden film tumbling pass that is during elite stunt- you can do this individually.

Shadow:

-Tumble: 2 BWO 5x (all athletes that have a bwo must complete)/ If you do not have bwo, you will do our jump section 5x

-Stunt: Elite Stunt 3x/ Zoe Cartwheel 2 BWO 5x

Reckless:

-Tumble: BWO Back handspring 5x (all athletes, even those not choreographed in section, must complete)

-Stunt: 2nd stunt 3x/ Emmie do BWO back handspring BWO pass 3x

Dynamite:

-Tumble: Cartwheel 2 BWO 5x (all athletes, even those not choreographed in section must complete)/ Aria and Cameryn do jump section 5x

-Stunt: Elite stunt 3x

Secret:

-Tumble: Valdez Back handspring 5x (all athletes, even those not choreographed in section, must complete)

-Stunt: Elite Stunt 3x / Jordyn do flyspring 3x

Wrath:

-Tumble: BWO Switch leg back handspring 5x/ Bella do BWO 5x

-Stunt: Elite Stunt 3x / Clara do Cartwheel opening pass 5x

Smack:

- Tumble: Round off BHS tuck 5x/ Addi and Sophia do Round off BHS 5x

-Stunt: Elite stunt 3x/ Ella do FWO round off BHS 3x/ Audrey do standing BHS step out 2 BHS pass 3x

EXCITE!
— GYM & CHEER —