FALL BREAK WORK OUT SHEET

There are 2 parts! Workouts and Skill Videos.

Workout Instructions: You must do EACH workout 1x between 11.21-11.29. 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. Put these videos, screen shots or photos into the correct album in your team BAND.

Stunt/ Tumble Video Instructions: These must be completed at Excite for safety purposes. These need to be full videos of skill or stunt (not timelapse). Put these videos into the correct album in your team BAND.

How/Where to turn in: Videos or screen shots will need to be sent in your athlete BAND in the correct album. 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 video*** 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, 11.29- NO EXCEPTIONS!

ALL STUNT/TUMBLE VIDEOS ARE DUE IN BAND BY end of day SUNDAY 11.29- NO EXCEPTIONS!

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

Crush:
-Tumbling- Standing tumbling pass in the opening 5X
-Stunts: Elite- 3x

Reckless:
-Tumbling 1: BWO BHS 3X – ALL athletes even if not choreographed to perform in the routine. Can be done with a spot if needed.
-Tumbling 2: Round off BHS Step out- ALL athletes even if not choreographed to perform in the routine. Can be done with a spot of needed.

Gossip:
-Tumbling- Running Tumbling Pass 3X. If not choreographed in that section, do a round off BHS 3X. This can be performed with a spot if needed or you can do an additional work out if you are unable to do with a spot.
-Stunts: Elite BOTH parts 3x each

Lady Ex:
-Tumbling: 2 to back 3X- Even if not choreographed in routine. Only exception: Brooke, Bean, Sophia and Brooklyn will need to perform an additional work out.
-Stunts: Elite 5x *Full tic to front stretch and tic down to front stretch included!*

EXCITE!
GYM & CHEER