

WINTER BREAK WORK OUT SHEET

There are 2 parts to be completed!

1. Work Outs

2. Tumble/ Stunt Videos

Part 1: WORK OUT INSTRUCTIONS:

You must do 5 total workouts between 12.20-1.3. Use the workout options below to complete your 5- keep reading to see other options to complete workouts. You will need to do a timelapse video or set a workout on a smart watch and take a screen shot. Videos or screenshots will need to be sent in your athlete BAND in the proper Album folder. Coaches will create these in the Team BAND (If your team does not have one or you are in not in the athlete one, you may send them to the parent BAND). Screenshots need to include the date and time length of the work out. Videos sent by private message WILL NOT BE ACCEPTED. Please follow the instructions! 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.

Please be sure you are putting the correct video into the correct album to receive credit!

If you do not complete, you will have 20 units of burpee to double toe touch per section not completed and will not receive a gold star.

DUE: BY THE TIME YOUR PRACTICE STARTS ON SUNDAY, 1.4.25- 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

Standing bicycles

Jumping lunges

Push-ups w/ opposite leg/arm lift

Toe touch V ups

Tuck Jumps

Plank hold

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 —

Part 2: TUMBLE/ STUNT VIDEOS

-These should NOT be taken in a time lapse. These should be filmed as individual videos to be easily uploaded into albums in your athlete BAND. **Please be sure you are putting the correct video into the correct album to receive credit!**

-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.

-BWO= back walkover

-Coaches will create albums in the Team BAND to be uploaded to (If your team does not have one or you are in not in the athlete one, you may send in the parent BAND).

DUE: BY 9PM ON SUNDAY 1.4.26

Tremor:

-Elite Stunt 3x/ Juliet, Hayden and Piper do Running tumbling pass from elite section 3x.

-Cartwheel 2 BWO 3x. Every athlete will complete, even if not choreographed in the section.

Shadow:

-Elite Stunt 3x/ Emersyn do Cartwheel 2 BWO 3x

-BWO Switch leg through 2 BWO 3x (this should include the motions!) Those choreographed in only one part of the sections, do your part with your motions before and/or after the skill. Those not in tumbling will do jump section 3x.

Reckless:

-Elite Stunt 3x/ Harper do your tumbling pass 3x

-BWO Back handspring 3x. Every athlete will complete, even if not choreographed in the section.

Dynamite:

-Elite Stunt 3x

-BWO Switchleg 3x. Gwen and Mia complete. Aria do BWO 3x. Camryn do back bend kick over 3x (can be with a spot).

Secret:

-2 man stunt with slinky 3x. Zoe and Caroline do FWO round off 2 BHS 3x.

-Round off 2 BHS. Every athlete will complete, even if not choreographed in the section.

Wrath:

-Elite Stunt 3x. Clara do opening running tumbling pass 3x.

-Standing Long 3x. Every athlete will complete, even if not choreographed in the section. Bella do standing BHS 3x (can be with a spot or on any mat).

Smack:

-Elite Stunt 3x. Ella and Audrey do standing 3 BHS 3x.

-Round off BHS tuck 3x. Addi and Sophia do Round off BHS 3x (can be with a spot or on a mat).