

J.A.GYMNASTICS

Kids Fitness Curriculum

WARM-UP

- Lunge walks forwards
- Lunge walks backwards
- Run forwards
- Run backwards
- High knees forward
- High knees backwards
- Butt kicks forwards
- Butt kicks backwards
- Single leg run right
- Single leg run left
- Inch worms forwards
- Inch worms backwards
- Bear crawls forwards
- Bear crawls backwards
- Donkey kicks forwards
- Donkey kicks backwards
- Seat walks forwards
- Seat walks backwards
- Table walks forwards
- Table walks backwards

BASICS

- Forward rolls
- Backward rolls
- Lunge, touch, lift
- Lunge, touch, ½ handstand
- Lunge, handstand
- Side cartwheel right
- Side cartwheel left
- Step, hurdle
- Lunge, cartwheel
- Step, hurdle, roundoff
- Jump to back onto half black
- Back handspring on pacman
- Spotted back handspring down wedge
- Back handspring on trampoline

STRENGTH

Legs

- Calf raises
- Forward lunges
- Side lunges
- Backward lunges
- Speed skaters
- Back squats
- Sissy squats
- Glute bridges

Core

- Butt-up
- Crunches
- Side dips
- Reverse sit-ups
- Reverse leg-lifts
- 20 second plank on all 4 sides

Push

- Push-ups
- Chair dips
- Dumbbell overhead press

Pull

- Pull-ups in front grip
- Pull-ups in back grip
- Lateral pull-ups in front grip
- Lateral pull-ups in back grip
- Rope climb

STRETCH

- Touch toes
- R leg lunge.
- R leg half split
- R leg split forward
- R leg slit back
- Pike stretch
- L leg lunge
- L leg half split
- L leg split forward
- L leg split back
- Middle split
- Bridge

CARDIO

- 20 second box jumps
- 20 second burpees
- 20 second mountain climbs