

Advanced Kinder **Week 4**

Station	Drill/Skill
WARM UP	<ol style="list-style-type: none"> 1. Shuttle runs 2. Present walking 3. Rebounds 4. Kicks 5. Inch worm Core work <ol style="list-style-type: none"> 1. Hollow hold (10 secs) 2. Rockers 5-10 each way 3. Sit ups 5-10 4. Heal drivers 5-10 Stretch
BARS	<ol style="list-style-type: none"> 1. Knees to belly hang/toes to bar hold 2. Front support hold 3. Monkey walk hands across the bar working grip strength 4. Chin up hold (5 secs) assisted if needed
BEAM	<ol style="list-style-type: none"> 1. Balance on one foot 2. V-sit on beam 3. Holding push position on top of the beam 4. Jogging and going over under the beams
FLOOR	<ol style="list-style-type: none"> 1. Push up hold 2. Candle sticks rolls 3. Shuttle runs 4. Handstand hold with partner
VAULT	<ol style="list-style-type: none"> 1. Running knees up and kicking bum 2. Long jumps 3. Hollow body holds