

## Advanced Kinder **Week 8**

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Station	Drill/Skill
<b>WARM UP</b>	<ol style="list-style-type: none"> <li>1. Stretching Shoulders, Back, Splits Mainly</li> <li>2. Condition Core and Legs</li> </ol>
<b>FLOOR</b>	<ol style="list-style-type: none"> <li>1. Back roll to feet on knee height block (straight arms)</li> <li>2. Dive roll over knee height obstacles</li> <li>3. Handstand Roll prep</li> <li>4. Handstand Bridge</li> <li>5. Bridge Kick Over</li> <li>6. Bridge Stand Up</li> </ol>
<b>VAULT</b>	<ol style="list-style-type: none"> <li>1. Donkey kick to handstand on floor table (assisted)</li> <li>2. Straight jump onto vault table</li> <li>3. Handstand pop flat back with beat board (assisted)</li> <li>4. Handstand snap down rebound onto block</li> </ol>
<b>BEAM</b>	<ol style="list-style-type: none"> <li>1. Cartwheel</li> <li>2. Forwards Roll</li> <li>3. Backwards Shoulder Roll</li> <li>4. Handstand</li> <li>5. Running</li> <li>6. Straight, Tuck, Split Jumps</li> <li>7. Dismounts</li> </ol>
<b>BARS</b>	<ol style="list-style-type: none"> <li>1. Front Support roll to chin up position</li> <li>2. Chin up pull over</li> <li>3. Hands (remain) on bar jump feet on – floor bar</li> <li>4. L Hang (Tuck and Pike)</li> <li>5. Chin Up Hold 10s</li> </ol>