Levels 2-3, Xcel, Tramp	5/2	5/4	5/5	5/7	5/9	5/11	5/12	5/14	5/16	5/18	5/19	5/21	5/23	5/25	5/26	5/28	5/30
CONDITIONING		TAG	US on	Instagra	am & Fa	aceboo	k @dud	ziaksg	ymnast	ics so	we can	share!	#DGst	rong or	ı your p	osts!	
Lunges 20 each leg																	
Long jumps 15x																	
Squats 2x15																	
Penguin taps 40x																	
Single leg calf raises 15 each																	
Candlestick jumps 10x																	
Calf raises 20x																	
Single leg candlestick jumps 5 each									KE								
Hamstring push-ups 20x																	
Elbow in push ups 2x8																	
Wide arm push-ups 10x																	
Chin ups and pull ups 5x ea (bar/door frame)																	
Presses against wall toes pointed 2x10																	
Pike & Stalder press hold 10 sec each																	
90° push-ups butt overhead 2x15																	
5 min HS work (3/4 HS, belly to wall, back to wall, ½ HS, shoulder taps, floor)																	
Hollow hold 3x15s then rockers 3x10																	
Arch hold 2x15s then rockers 2x15																	
Back ups 30x																	
V ups 2x15																	
Windshield wipers 2x20																	
Plank 2x15s																	
Side plank 2x15 sec each side																	
Straddle ups 2x10																	
Sit ups 2x30																	

Levels 2-3, Xcel, Tramp	5/2	5/4	5/5	5/7	5/9	5/11	5/12	5/14	5/16	5/18	5/19	5/21	5/23	5/25	5/26	5/28	5/30
Long push up hold 2x10s																	
Heel lifts 2x30 (on belly lift heels)																	
PRE-HABILITATION						Use the	eraband	ds, food	d cans,	light w	eight, c	r towe					
Wrist flexion, extension, thumb up, pinkie up, & alphabet (30 each Exercise & hand)																	
Ankle toe point, flex, big toe out, pinkie toe out, & alphabet (30 each Exercise & leg)																	
FLEXIBILITY						Use the	eraband	ds, food	d cans,	light w	eight, c	r towe					
R & L Split (30s hands front, 30s hands back)																	
Middle split																	
Bridge (30s feet up, 30s on ground)																	
Pike (30s toe point, 30s flexed)																	
Pancake																	
German shoulder stretch																	
VIDEO WORKOUTS	Cho					ach cat											like!
www.DudziaksGymnastics.com/team-workouts		TAG	US on I	nstagra	am & Fa	aceboo	k @dud	ziaksg	ymnast	ics so v	we can	share!	#DGst	rong or	ı your p	osts!	
Warmup/Condition/Flex Video																	
Core Video																	
Vault Video																	
Bar Video																	
Beam Video																	
Floor Video																	
Flexibility Video (in warmup section)																	