



Mini D

Home Program

CONTENTS:

- Shapes
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- Flexibility
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SHAPES

FRONT SUPPORT

Hips flat, shoulders on top of hands, round back, head forward.



BACK SUPPORT

Hips up, knees and elbows straight, fingers facing toes.



SHOULDER STAND

Hips flat, toes to roof, tight legs.



DISH

Legs and shoulders off floor, round lower back, tight legs.



ARCH

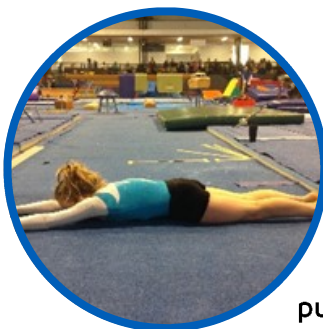
Legs and arms lifting high off floor, tight legs, hiding ears.



Our shape holds are the foundations for all skills in gymnastics

HANDSTAND ON TUMMY

Armpits on ground, belly button pulled in, bottom squeezed, legs tight, hiding ears.



LONG SUPPORT

Ears hidden, shoulders behind hands, round back, bottom and legs squeezed.



PLANCHE

Hips flat, shoulders on front of hands, round back, head forward.



LEVERS

A strong lever will have straight arms, flat hands and round shoulders.

BUNNY



TUCK



FROGGY



PIKE



STRADDLE



How long can
you balance
for?

Try this!

STRADDLE LEVER, PRESS TO STAND

From straddle lever, lift bottom as high as possible without feet touching the ground, keeping arms and legs straight throughout.





FLEXIBILITY

Flexibility is an important part of the Mini D program. The more these shapes are practiced, the more flexible gymnasts will become.



SPLITS- LEFT

Square hips, straight line from front foot to back foot, one hand on either side of leg.



SPLITS- RIGHT

Square hips, straight line from front foot to back foot, one hand on either side of leg.



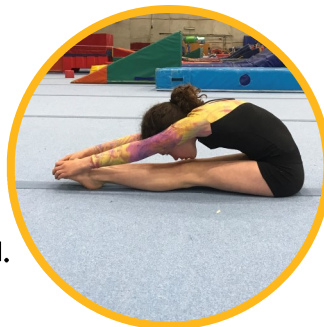
LUNGE- LEFT/RIGHT

Big step forwards, push hips forwards, legs in a straight line, front knee not to go past front foot.



STRADDLE FOLD

No mouse holes under knees, reaching forward, knees facing upward.



PIKE FOLD

No mouse holes under knees, reaching forward, knees facing upward.



BRIDGE

Arms hiding ears, aiming for straight arms, pushing shoulders away from feet.

*Can you get
your splits
flat?*



BASIC STRENGTH

PUSH UPS

From front support shape, bend elbows sideways and lower chest to floor, then push back up. Keep strong shape throughout.

SIT UPS

From tuck sit position with arms crossed over chest, lower shoulders to floor without head touching, then bring chest to knees.

LONG JUMPS

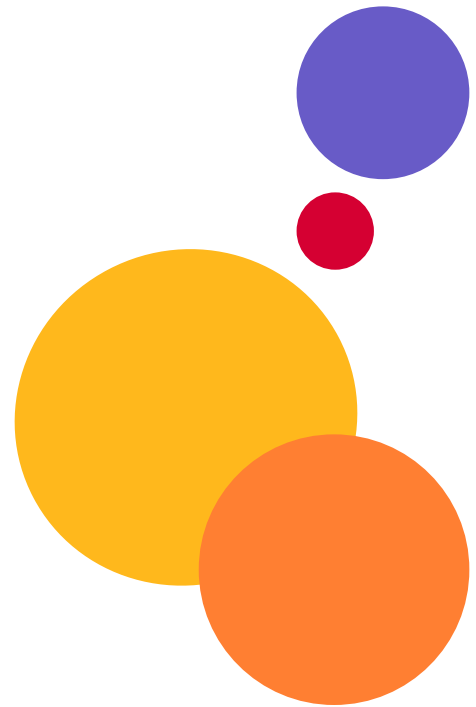
Feet together, swing arms and explode through legs to jump as far as possible.

CALF RAISES

From standing position with feet together, lift heels up as high as possible and then back down slowly, staying on straight legs. Hold onto something for balance.

WALL HANDSTAND

Tummy facing wall, hiding ears in a strong rocket shape and holding tight position.



Key Qualities of a Mini D Gymnasts:

CONSISTENCY - Regular practice to make improvements.

HARD WORKING- Learning how to apply and challenge yourself.

DETERMINED - Not giving up until a skill or goal is achieved.

PRACTICE- Understanding practicing repetition of activities leads to achievement.

POSITIVITY - Learning to celebrate achievements and keep on when things are hard.

LISTENING/FOCUS - Developing listening and comprehension skills to follow direction and feedback.

INSPIRATION - Drawing motivation from role models and developing individual drive.