

Warm Up Stretching

#	Description	Reps	KCPs
1	Lunge start with arms in front		Front foot turn out a bit Back foot toes off the ground pointed Back leg in a straight line
2	Push hips forward and arms in strong presentation	10 x	Chin up Shoulders down
3	Hold 10 seconds in presentation	10 sec	Hand above their head Hand turn palm back
4	Push shoulders back in presentation behind ears	10x	Small movement keep ribs in
5	Hold arms up straight above head	10 sec	Hands facing each other Hide the ears Keep pushing hips forward Ribs in
6	Push shoulder back in straight arms behind ears	10 x	Strong arms straight Chin up
7	2 times arms in presentation 2 times arms straight	10x	Fingers straight making lines Not bending elbows
8	Place arms down on floor pushing the hips down and back straight	10 sec	Hips square Chin up Shoulders remain pushing down Try touch hand on the ground close to knee
9	Bend back leg up hold with one hand	10 sec	Remain pushing hips down Hips square
10	Back leg hold knee off the ground	10 sec	Straight back Shoulders push down Chin up Back heel remain face upwards Strong knee straight
11	The same position but with arms in presentation	10 sec	Check foot position Shoulders down
12	The same position with arms up push hips down	10 x	No shaking arms up and down Not remain neck forward Keep back straight as possible
13	Full split (arms in presentation or on the ground trying keep back straight)	10 sec	Focus on hips square Toes pointed Chest up
14	Splits cambré (arched)	10 sec	Shoulders straight on the same line Push up ribs taller shape
15	Splits reach forward	10 sec	Make sure they not sitting down on the front leg Keep the back knee off the ground / straight Back heels remain face upwards
16	As above rolling into back leg and back to front leg (small movements)	10 x	Front foot keep point trying touch the little toe on the Try keep elbows on floor
17	As above back leg on tiptoes	10 sec	Elbows on floor Back heels remains facing upwards Try really hard get the back leg straight

18	Middle split	20 sec	Chest down
19	Repeat other leg		
20	Sitting in straddle	10 x	Heels of the ground
	2 sec arms up, chest up, then arms in presentation chest down		Knees remaining upwards all the time
21	Chest forward flat back arms in presentation without touch the floor	10 sec	No dropping big toes on floor
			Keep knees remain face upwards
22	Chest forward with flat back arms straight forward not touching floor	10 ses	hide ears and watch hands
23	Chest forward round back hands touch the ground with strong round back	10 sec	Hide ears and watch hands
			Knees face upward, big toes not touching the ground
24	Touch the upper body on the ground (flat)	10 sec	Knees face upward, big toes not touching the ground
25	Sideways each side	10 sec	Knees face upward, big toes not touching the ground
26	3x bridge 1- normal 2- arms close 3 - thumb touch	10 sec each	