






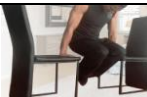


GIRLS RECREATIONAL AT HOME EXERCISES







WARM UP:	IMAGE:	SPECIFIC EXERCISES:
Run in Place Jumping Jacks		1) Increase Heart rate with aerobic beginning 3-5 min. https://www.youtube.com/watch?v=c4DAnQ6DtF8
Splits		1) Warm up stretches and Hold Split 5 sec 3 x's https://www.youtube.com/watch?v=GTBB3lekEwY
Pancakes		1) Warm up stretches and Hold Pancake 5 sec 3 x's https://www.youtube.com/watch?v=0ka_cgMIBe4
Shoulders		1) Warm up stretches and Hold Shoulders 5 sec 3 x's https://www.youtube.com/watch?v=GDBHIU7UUuU
Bridge		1) Warm up stretches and Hold Bridge 5 sec 3 x's https://www.youtube.com/watch?v=g9l3CdJ6Hr0
Pike		1) Warm up stretches and Hold Pike 5 sec 3 x's https://www.youtube.com/watch?v=PMXNii5YsHA

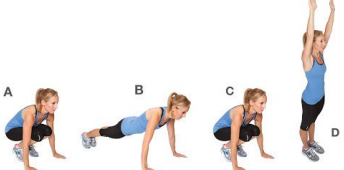

ARM STRENGTH:	IMAGE:	SPECIFIC EXERCISES:
Push ups		1) ½ Push up 20x's 2) Full pushup 10x's https://www.youtube.com/watch?v=Q7cPaJZoOng 3) ½ push up down hold 2 sec, push back up hold 2 sec 5x's

USING 2 CHAIRS NEXT TO EACH OTHER (Hands on the seat area)



Dips		1) ½ dip with bent knees 10x's 2) Full dip with bent knees 5x's https://www.youtube.com/watch?v=C6gzY8Zvwd4
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USING THE SEAT OF 1 CHAIR (Hands on the seat area)



		1) Reverse dip using the seat of a chair 10x's https://www.youtube.com/watch?v=HCf97NPYeGY
Circles		1) Walk around circles in a stretched position 10x's https://www.youtube.com/watch?v=PHI-NtM2NIU
Handstands		https://www.youtube.com/watch?v=s96ZxLdtdAQ 1) Handstand Pushup (Stomach against a wall or with spot) 5x's 2) 1 Arm Handstand Hold 3 sec (Stomach against a wall or with a spot) 5x's each arm
Press Handstands		1) Straddle Press Handstand against the Wall (or with a spot) 5x's https://www.youtube.com/watch?v=oAe5e6HhEWk
Round Offs		1) ½ Cartwheel Hold 3 sec 5x's 2) Cartwheel 10x's 3) Step Round Off 10x's (Outside on the Grass) https://www.youtube.com/watch?v=A7iUSgc4rH0
Bridges		1) Bridge Pushup 10x's https://www.youtube.com/watch?v=RBRgvyfZAK8 2) 1 Arm Bridge Hold 3 sec 5x's each Arm https://www.youtube.com/watch?v=_GEdRw-SPjk




LEG STRENGTH:	IMAGE:	SPECIFIC EXERCISES:
Thighs		1) Squats 2) Burpees https://www.youtube.com/watch?v=dZgVxmf6jkA
Calves & Jumps		1) Calf Raises 25x's https://www.youtube.com/watch?v=VGq8YzBsriw 2) Straight Jumps 10x's https://www.youtube.com/watch?v=PTcqSdaPiOc 3) Tuck Jumps 10x's https://www.youtube.com/watch?v=mgBCOVR1hqw 4) Pike Jumps 10x's https://www.youtube.com/watch?v=uO9QZlhDEsY 5) Tuck Forward Roll 5x's (Holding Knees)


USING 1 CHAIR FOR BALANCE:


Hip Flexors		1) 1 Leg Hold at Horizontal 3 sec 10x's each Leg 2) Standing 1 leg sideways to 45* below horizontal hold 3 seconds 5x's (alternate with both legs) https://www.youtube.com/watch?v=6b1hu6iSqok
Hip Flexors		1) Hitch Kick 10x's https://www.youtube.com/watch?v=YvmV51CUKkl

USING 2 CHAIRS NEXT TO EACH OTHER (Hands on the seat area)

Hip Flexors		1) Tuck hold for 3 seconds 10x's 2) L hold for 3 seconds 10x's https://www.youtube.com/watch?v=tyeDbzLKU5l
Hip Flexors		1) Straddle L Hold 2 sec 10x's https://www.youtube.com/watch?v=hseQ7W7cFnk

STOMACH STRENGTH:	IMAGE:	SPECIFIC EXERCISES:
Abs		1) ½ sit up (Crunch) 20x's 2) Full sit up 10x's https://www.youtube.com/watch?v=1fbU_MkV7NE 3) ½ sit up holding a weight (Crunch) 15x's 4) Full sit up holding a weight on chest 5x's
Abs		1) Hollow Hold 3 sec 10x's 2) Tuck Hold 3 sec 10x's 3) Tuck ups 20x's https://www.youtube.com/watch?v=JZd0rhN3I1U
Abs		1) V up 10x's (a V up is when you do a straight leg sit up and balance your body in a V position) https://www.youtube.com/watch?v=8WwDzRANv94

BACK STRENGTH:	IMAGE:	SPECIFIC EXERCISES:
Arch Rocks		https://www.youtube.com/watch?v=F0l-p4bHJtE

TOTAL BODY:	IMAGE:	SPECIFIC EXERCISES:
Total Body		<ol style="list-style-type: none"> 1) Opposite Arm & Leg Hold 3 sec 5x's each Side 2) Split Hold ½ pushup (alternate 1 foot in the air) 10x's 3) Split Hold Full pushup (alternate 1 foot in the air) 5x's

**This is a start. You can add more strength skills or increase the number of reps.
 Be creative and come up with a strength exercise that works as a drill for a skill you are trying to learn.
 You can also "GOOGLE" search for strength exercises you can do at home or on vacation.**