

# G-Force FIERCE Lockdown Conditioning!!!

Dear Fierce G-Force Athletes, we hope everyone is doing well and staying healthy and active. We hope that all of you are taking advantage of the conditioning below. We know it does not compare to being in the gym but it is definatly a helpful tool during this time. Make sure you are keeping up with it everyday and make sure to stay in contact with your teammates to make sure they are doing their conditioning as well. We miss all of you and can not wait to see all of your beautiful faces back in the gym when that time come. Remember your coaches love you, and are here for you! See you soon!

**\*\*\*Coach G and G-Force is going to be posting daily challenges for you and your family. Share these challenges with 5 of your friends on social media to keep the activity high during this time at home. \*\*\***  
**Instagram- @giannatumbler, @gforce.gymnastics, @coachlisag**

*Set the mood! Put on something you can easily move in, maybe your favorite leo, some cute leggings and sports bra, or your favorite tank. Put on some music that pumps you up. We want you to work as if Coach Gianna, Coach Lisa and Coach Lorenzo are watching you!*

Good Luck!!!	Monday/Wednesday/Friday	Tuesday/Thursday/ Saturday	Sunday
Handstand Work!	3x 40 Sec HS-Place your tummy on the wall.	3x10 Handstand against the wall trying to alternate lifting your R hand and then your L hand (maintain a tight core with a flat back)	
	5 attempts at walking on your hands as long as you can	3x20 Pike HS-Place feet on your bed or the back of the couch. You should be in a tight straight body position from your wrist to your hips, then your hips will be in a 90 degree angle, and your feet will be resting on the couch or bed.	
	2 min of practicing holding your HS as long as your can without a wall.		
		3x10 sec Tucked Presses- Start on your knees and place your hands by your knee and press them up to your chest. <b>Beg</b> leave tippy toes on the ground and press knees off the ground into your chest <b>Adv.</b> You will be in a ball shape. the only part of your body on the floor should be your hands	
		3x 10 sec Open pike press- Hands are by your hips or your thighs and press body off the ground while maintaining the pike position	

Pressing!		3x 10 sec Seated straddle press - Hands are in between your legs. Press body off the ground while maintaining the straddle position	This day I want you to go through your old floor and beam routines 3x
Core	3x 1 Min side plank on each side. <b>Beg:</b> both hands on the floor, <b>Int:</b> one hand on hip, <b>Adv:</b> Raise straight are up and down with control	3x Tighteners- 8 of each Front, both sides, back (Only arms, only legs- up on elbows, both arms and legs, rocks, hold)	
	3x 20 Crunches with hand on thighs. Everytime your crunch your hands to glide up to the top of your knees		
	3x 8 Lemon squeezer, V-Up, Straddle up THAT IS ONE REP		
Legs/Plyos (All for 30 min 3x)	Toe taps on a box or pillow ( alternate as fast as you can)		
	Frog Jumps Fwd and Bwd		
	Bunny hops		
Cardio		3 Round- each exercise for one minute	
		Jumping Jacks, High Knees, Bottom Kickers, Chasses	
Flexibility	Hold each stretch for 30 sec: Standing Pike, Standing Straddle, Sitting pike, sitting pancake, butterfly, R/L/M Splits, High Bridge,	3x30 Wall hip flexors- focus on square hips	
	3x8 Front, Side, Back kicks- Think about your jumps	3x30 Hamstring stretches- 1.Stand in a pike on a box, or strair and let arms hang, 2. Using a doorway stand in a straddle and grab doorway in between legs and lean, 3. In a sitting pike put feet up on a stair, on a pillow and press elbows to ground	
	Work your personal weaknesses	Work your personal weaknesses	
***If you have a trampoline, GET JUMPING. Practice all of your jumps and front/back saltos. If you do not I want to be working your standing jump trying to make them as big and tight as possible.***			