

STRENGTH AND FLEXIBILITY ROTATION

Part 1: Flexibility – stretch these every day. Try to do at least 30 sec in each position marked with *, the rest can be done for 10-20 sec – should take about 15 minutes total.

- Wrists – palms flat fingers out; palms flat fingers in; backs of hands on ground fingers in
- Shoulders – arm across chest on both sides, elbow behind head on both sides, cat stretch, bridge* (preferably with legs together and straight, shoulders pushed out)
- Lower back – seal stretch or head to feet
- Split sequence (min 15 sec in each position): deep lunge, catch back foot for quads; drop back foot, straighten front knee, flex front foot, reach forward, and catch toes for calves; return to deep lunge, push hips lower, and arch back for hip flexors; straighten front knee again, flex foot, try to lay on front leg/reach wrists past ankles for hamstrings; then slide into full split with chest up*
 - Advanced measure: perform with front foot elevated into oversplit on day 1 of rotation, back foot held up against wall on day 2, and standard split on the ground on day 3
- Hips – Sumo stretch, spidermans (crouch like for a wolf turn and change sides 3-5 times; this is not a held stretch), standing straddle walk hands to one side and lift toes.... then the other, Russian middle split (upper body remains standing), Japanese middle split* (reach forward to support your weight on your hands/arms and if you are all the way down, T-out)
- Straddle – lay back on right knee (“rainbow over”/”dancers’ stretch”), then left, then pancake*
- [Frog](#) (or [fallen leaf](#) if you’re really stiff) – this is part of the hips group but should be stretched after the straddle
- Pike – pointed toes, then flexed toes OR standing pike with palms on ground, then arms wrapping around backs of legs

I normally like to move the bridge to the very end because it is the most difficult stretch for me and I like to be as warm as possible. Remember for the bridge and any other stretches which may compress the back to stretch open before and after with a rounding exercise such as tuck hollow rockers and a lengthening exercise such as touching your toes.

Part 2: Legs – conditioning day 1 of 3

- 5 minute nonstop run
 - Advanced measure: make it six minutes and start trying to fit a whole mile into that time
- Measure out length of vault runway (25 m, 82 ft, about 14-15 sprinting steps for most adults**, or 3 110m hurdle tick marks away from the finish line if you are working on a real athletic track) and do:
 - 1 pass of high knees
 - 1 pass of booty kicks
 - 1 pass of arm circle skips
 - 1 pass of long, deep lunges
 - 1 pass of running lunges

- 5 full out sprints – on toes and accelerating towards end. Can perform last two as true run-thrus with measurement hurdle. If you are a tight-skirt runner this is the time and place to fix that. If you want an extra challenge – time yourself; try to get it under 3 sec.

The single pass exercises should all be connected; you can rest for about 10 sec. between each of the 5 sprints.

- 20 parallel toe raises; 20 first-position toe raises; 20 right-leg toe raises; 20 left-leg toe raises; 10 sec. releve hold on each leg (free leg in passe or coupe)
- 10 standing high jumps or box jumps – these should be performed with straight leg after takeoff, the goal is to maximize the push through the toes, ankles, knees, and hips, not to “increase” your vertical by pulling your legs up into a tuck, this isn’t Crossfit
- 10 standing broad jumps
- 20 rock and roll or (preferably) candlestick high jumps
 - advanced measure: do the jumps on one leg, 10 on each side

**If you were taught to count steps on your vault run you may remember you were asked to do 12 or 13, but remember – that’s not counting the hurdle or the space between the board and the horse, or any space you didn’t use at the start of the runway.

Part 3: Core – conditioning day 2 of 3

- Situps: 30 seconds on, 30 seconds resting, 3 times. Count how many you do in set 1, try to beat that in set 2; try to beat the larger number of the two in set 3. *DO NOT sacrifice good form/complete situps for numbers.*
 - If you have access to an incline bench, do the first set uphill, add 10 to that number and do the second and third set level or downhill. So if you do 20 uphill you will be trying to beat 30 for your first downhill set, and so on.
- Baby Shark 2x through. I use a different set of lyrics for this than what’s been going around Instagram because I spent over half my life in Girl Scouts and that’s where I first learned the song. Girl Scout songs are brutal and so is my version of this meme... here it is with each set of words and exercises. I sing at a tempo that gives about 8 seconds to each verse, making the exercise 2 min total:
 - Baby Shark: hollow hold with baby kicks
 - Mommy Shark: 1 leg V-ups (same as popular version)
 - Daddy Shark: 2 leg V-ups (“)
 - Grandma Shark: 1 leg swingups (“)
 - Grandpa Shark: 2 leg swingups (“)
 - Going swimming: roll on to stomach, tight arch, kick legs and paddle arms
 - Saw a fin: “killer buns” hold (tight arch, legs separated until you feel it) with hands in fin on head
 - Swimming faster: same as “going swimming” but faster, bigger amplitude
 - Shark attack: roll back to hollow, cross reaches (right arm reaches for left leg as it lifts, left arm reaches for right leg as it lifts) - should look like a shark chomping
 - [I skip lost an arm and lost a leg because I want to work both sides evenly]

- Washing up: tight body roll side to side – make sure you go hollow to hollow, don't reverse at the arch, that's only half of a roll. Advanced measure: add a V-up between each roll.
- CPR: bent knee pushups
- It's not working: straight body pushups
- Now you're dead: hollow body hold with arms crossed on chest
- Gone to heaven: hollow body hold with hands in prayer – do not drop hollow between the two; this is meant to trick six year olds into holding a hollow for an extended period
- That's the end – relax and get ready to repeat or move on
- On each side – 20x side crunches, 20x side plank lift, 20 sec side plank hold
- 20 Russian twists
- 20 situps with legs in butterfly or crossed (forces you to use abs instead of pulling yourself up with hip flexors)
- 20 trunk raises – if you can get someone to help you by holding your legs it is great to do these w/torso hanging off a bench to have even larger range of motion.
 - Advanced measure: hold a barbell plate (5-20lb) in your arms.

Part 4: Arms – conditioning day 3 of 3

You will need two supplies for this: some sort of stretchy band such as a DynaBand or resistance tubing, and some sort of weights – empty laundry detergent bottles or milk jugs filled with water or sand work great for this if you don't have access to actual dumbbells or the like. Make sure you are using a level of resistance/weight that challenges you while still allowing you to maintain good form (i.e. not lifting with your back)

- Cast shape hold with feet elevated to horizontal or higher eg. on chair – hold 10 sec, touch chest with alternating hands 10x, repeat sequence 3-5 times. Keep core tight to stay hollow!
- Handstand hold tummy against wall 30 sec to 1 min, then 30-50 shoulder shrugs in HSTD
- HSTD wall walk side to side – try to go at least 10 ft in each direction. Start in hollow cast shape if full HSTD is very difficult for you.
- 20 pushups – bent knee or straight body as befits your current state of fitness
- Hold ends of resistance band, place middle under feet:
 - 10 straight arm lifts above head
 - 10 bent arm lifts to shoulders
 - 10 bicep curls to shoulders
 - Repeat all three
- Hook resistance band around fixed point (eg. table leg), lay on back with head toward fixed point, pull on ends of band:
 - 10x “chin ups” (pull with bent arms to shoulders)
 - 10x “jump front supports” (pull with straight arms to thigh)
 - Repeat both two more times (three sets of each total)
- With weights shared evenly between both hands:

- 10 tricep extensions from behind head to straight-arm
- 10 military press (hands start at shoulders and push up to straight arm)
- 10 straight arm lifts to side horizontal
- 10 straight arm lifts to front horizontal. KEEP YOUR BACK ROUND, LIFT WITH SHOULDERS NOT BY ARCHING BACK
- 30 sec hold horizontal in front of body; 30 horizontal to side; 30 straight arm overhead
- Repeat all five
- If you have access to a rope or chin-up bar, it would be great to climb the rope and do 10-20 chin-ups or chin-hollow hang-chins on the bar.

That's pretty much it... if you find what's listed is missing something you need or not filling the time allotted you can always add more exercises or reps, and you can also change the numbers around some to put more focus on your weak spots! This is just a general plan! Anyway, I hope it helps!