



Lessons/Tiny Tomahawk  
Week 3 Day 1:

### Warm Up

Without stopping do 30 second of each exercises and do 15 tuck kicks in between each exercise

- Squat jumps
- Tuck jumps
- Lunges
- Bunny hops
- Run in place
- Jumping Jacks
- Squats
- Run in place with high knees

### Diving Drills

Spend 5 minutes on each of the following

- <https://www.youtube.com/watch?v=SpdZopt46XY&feature=youtu.be>
- <https://www.youtube.com/watch?v=KsSPxNg3HKM&feature=youtu.be>
- [https://www.youtube.com/watch?v=MX9G8z2\\_9gA&feature=youtu.be](https://www.youtube.com/watch?v=MX9G8z2_9gA&feature=youtu.be)
- <https://www.youtube.com/watch?v=tHiP9cvhXl4&feature=youtu.be>
- <https://www.youtube.com/watch?v=O5O9lAxAFno&feature=youtu.be>
- <https://www.youtube.com/watch?v=X6qORgzl-d4&feature=youtu.be>

### Stretching

30 seconds of each of the following stretches

- pike with toes pointed
- pike with toes flexed
- left split
- right split
- straddle
- pigeon left
- pigeon right
- butterfly
- right arm in front of body left arm pulling it in
- left arm in front of body right arm pulling it in
- right arm over head left arm pulling down
- left arm over head right arm pulling down
- rock back and fourth on your toes



Lessons/Tiny Tomahawk  
Week 3: Day 2

Warm Up

- 100 jumping jacks
- 100 jump ropes

Conditioning

- 30 push ups
- 30 tuck ups
- 30 pike ups
- 30 dips
- 30 squats

Diving Drills

- Spend 5 minutes on each of the following
- <https://www.youtube.com/watch?v=v5XqIiH7px8&feature=youtu.be>
  - <https://www.youtube.com/watch?v=gZ-FFRPzUGA&feature=youtu.be>
    - Then do the following modifications 10x each
    - Forward roll front jump straight
    - Forward roll front jump tuck
    - Forward roll front jump pike
    - Forward roll jump full twist
  - <https://www.youtube.com/watch?v=IXldKbgeuoU&feature=youtu.be>
  - <https://www.youtube.com/watch?v=i7dqt7G1RNE&feature=youtu.be>
  - <https://www.youtube.com/watch?v=RKJ-Vd6NUiQ&feature=youtu.be>

Stretching

- 30 seconds of each of the following stretches
- pike with toes pointed
  - pike with toes flexed
  - left split
  - right split
  - straddle
  - pigeon left
  - pigeon right
  - butterfly
  - right arm in front of body left arm pulling it in
  - left arm in front of body right arm pulling it in
  - right arm over head left arm pulling down
  - left arm over head right arm pulling down
  - rock back and fourth on your toes



Lessons/Tiny Tomahawk  
Week 3 Day 3:

Warm Up

- Run in place for 5 minutes but every minute do 20 squats

Conditioning

Do 10 rounds of the following exercises 5 of each

- Toe touches
- Crunches
- Lunges
- One leg squats on each leg
- Push ups

Diving Drills

- Do 20 slow back take offs
- Do 20 one step hurdles

Spend 5 minutes on each of the following

- <https://www.youtube.com/watch?v=6yJ1Des5IVE&feature=youtu.be>
- find something like a beam  
<https://www.youtube.com/watch?v=n9nbJSxF-wU&feature=youtu.be>
- find something to hang on  
<https://www.youtube.com/watch?v=AiHt60pkl4Y&feature=youtu.be>
- <https://www.youtube.com/watch?v=YBGuWFYLnqM&feature=youtu.be>
- <https://www.youtube.com/watch?v=LPt4jyQDuFE&feature=youtu.be>
- <https://www.youtube.com/watch?v=LPt4jyQDuFE&feature=youtu.be>

Stretching

30 seconds of each of the following stretches

- pike with toes pointed
- pike with toes flexed
- left split
- right split
- straddle
- pigeon left
- pigeon right
- butterfly
- right arm in front of body left arm pulling it in
- left arm in front of body right arm pulling it in
- right arm over head left arm pulling down
- left arm over head right arm pulling down
- rock back and fourth on your toes



Lessons/Tiny Tomahawk  
Week 3 Day 4:

### Warm Up

Without stopping do 30 second of each exercises and do 10 pike ups in between each exercise

- Squat jumps
- Tuck jumps
- Lunges
- Bunny hops
- Run in place
- Jumping Jacks
- Squats
- Run in place with high knees

### Diving Drills

- Do 20 slow back take offs
- Do 20 one step hurdles

Spend 5 minutes on each of the following

- <https://www.youtube.com/watch?v=teSQGFHojLc&feature=youtu.be>
- <https://www.youtube.com/watch?v=Z9r8b325j0s&feature=youtu.be>
- <https://www.youtube.com/watch?v=OrthNdifglg&feature=youtu.be>
- <https://www.youtube.com/watch?v=GrPdZ60rt4&feature=youtu.be>
- <https://www.youtube.com/watch?v=GrPdZ60rt4&feature=youtu.be>
- <https://www.youtube.com/watch?v=gESyctjUiSA&feature=youtu.be>
- [https://www.youtube.com/watch?v=n9\\_RBi4onos&feature=youtu.be](https://www.youtube.com/watch?v=n9_RBi4onos&feature=youtu.be)
- <https://www.youtube.com/watch?v=DrASz-dK-UA&feature=youtu.be>

### Stretching

30 seconds of each of the following stretches

- pike with toes pointed
- pike with toes flexed
- left split
- right split
- straddle
- pigeon left
- pigeon right
- butterfly
- right arm in front of body left arm pulling it in
- left arm in front of body right arm pulling it in
- right arm over head left arm pulling down
- left arm over head right arm pulling down
- rock back and fourth on your toes