

Gymnastics At Home - Pulse Raiser

What's Your Name?

Complete the exercise listed for the spelling of your full name - If you have a full name of less than 10 letters then include your middle name also.

Air punch up above head whilst running on spot x 10 each arm

Burpees x 10

Change leg gallop steps x 10 each leg

Dips x 10 each leg

Elephant walks x 10 (stand wide legs, hands to floor, walk hands forwards then back)

Freestyle dance for 10 seconds

Grasshoppers x 10 each leg (front support, lift 1 leg and hop 10 times, then switch legs)

Hopping on the spot x 10 each leg

In and out leg jumps whilst in front support x 10

Jump side to side with legs together x 10

Kick your heels to bottom whilst running on spot x 10 each leg

Lunge jumps x 10 each leg

Mountain climbers in front support x 10 each leg (lift knees to chest as fast as you can)

Nod you head gently up and down whilst doing toe raises on the spot x 10

Opposite elbow to knee touch as fast as possible x 10

Plié jumps x 10 (squat and then stretch jump up using arms)

Quick toe points x 10 each leg (keep weight on supporting leg whilst pointing toe in front)

Run on the spot doing backwards arm circles x 10 seconds

Skater jumps x 10 each leg

Turn around in circle whilst doing rebound jumps x 10 (5 one way, 5 the other way)

Under leg claps whilst running on spot x 10

V-sits touching hands to toes x 10

Wide leg running on spot for 10 seconds (legs in wide squat position)

X-cross legs whilst doing jumping jacks x 10

Yell 'I love gymnastics' whilst doing tuck jumps x 10

Zombie knee lifts x 10 on each leg (arms out in front, lift knees to hands as fast as possible)