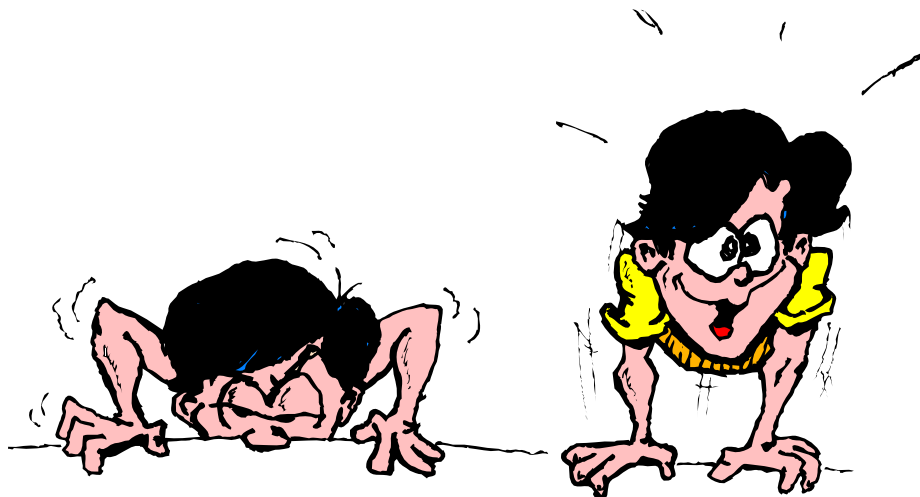
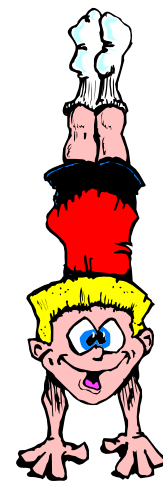


FLOOR COMPLEX

- Right Leg Sprints - (2 laps)
- Left Leg Sprints - (2 laps)
- Push ups - (20)
- Straddle press to Handstand - (10)
- V Ups - (20)
- Long Jumps - (2 laps)
- High **straight** stretch Jumps - (20)
- Pop ups (straddle) to Handstand - (10)
- Pop ups (piked) to Handstand - (10)
- Hold **straight** stretched body position - (20 second holds: 5 standing, 5 on stomach, 5 on back)
- Handstand roll out -
 - Tuck up to Handstand - (1 lap)
 - Straddle up to Handstand - (1 lap)
 - Pike up to Handstand - (1 lap)
- Back Extension Rolls with *straight* arms, pike down with arms *up* - (1 lap)
- Front Limbers - (1 lap)
- Front Walkovers - (1 lap)
- Series: Front Limber, Front Walkover, Front Handspring step out - (1 lap) no steps!
- Back Limbers to Handstand, pike down - (1 lap)
- Back Walkovers - (1 lap)
- Back Walkover to Handstand, 1/2 pirouette; step out - (1 lap)
- Series: Front Handspring step outs - (1 lap) no steps!
- Side Cartwheels - (1 lap)



- Side Cartwheel, 1/4 turn, late step in with arms *up!* - (1 lap)
- Kick out Hurdle, Round Off - (1 lap)
- Back Handspring step out with arms *up!* - (1 lap)
- Back Handspring step in, Back Handspring step out series - (1 lap)
- Power Back Handspring series with *straight* bodies - (2 laps)
- Splits -
 - Right Leg - (five 30 second holds)
 - Left Leg - (five 30 second holds)
 - Center - (five 30 second holds)
- Round Off, Back Handspring, Back Layout - (5 laps)
- Punch Front Tuck Saltos -
 - Overhead lift - (5 laps)
 - Underhand lift - (5 laps)
- Over Splits -
 - Right Leg - (five 30 second holds)
 - Left Leg - (five 30 second holds)
 - Center - (five 30 second holds)
- Handstand Push ups -
 - Stomach against the wall - (3 sets of 5)
 - Back against the wall - (3 sets of 5)



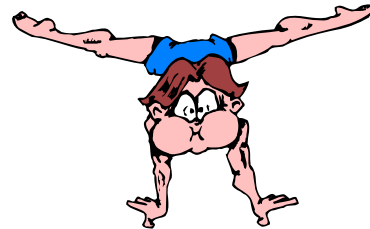
Floor Drills

- Hand stands against wall, mats against wall
- Roll back onto back and forward to stand up (no hands)
- Partners lock arms while standing and go to sitting position-reverse to stand
- Stand with back facing wall about 10 inches away, stretch up and walk hands down wall
- Mat to bridge position-reverse to hand stand
- Bridge Kick over - Wedge or panel mat
- Front Handsprings -Handstand fall flats/ handspring off raised surface
- Back Handspring - Wedge
- Hollow / Arch - Use square ball
- Cartwheel - Over panel mat
- Cartwheels UP incline mats



FLOOR- CONDITIONING

- Handstand position for 30 seconds - arms back, ribs in, hips under
- Handstand roll - finish in handstand position
- Back extension roll, pike down
- Front limber - push TALL
- Front walkover/front limber
- Back limber, pike down
- Back walkover - tall shoulder to hip
- Front handspring step out - flat armpits down and up (starting position)
- Power hurdle front handspring step out, front handspring two feet
- Side cartwheel
- Side cartwheel, step in LATE
- Power hurdle round off



FLOOR CONDITIONING - ENDURANCE

- 10 sprints
 - 10 push-ups
 - 6 sprints
 - 25 V-ups
 - 2 right leg / left leg sprints
 - 10 straddle up to handstands
 - 4 sprints
 - 10 pike up to handstands
- OR
- Running Tens (ten FX laps with push-ups or crunches; 10, 9, 8, etc.)

