

TEAM WORKOUT

L2-3, Xcel, Tramp

| THURS-FRI | | MONDAY-FRIDAY | | | | | MONDAY-FRIDAY | | | | | MONDAY-FRIDAY | | | | |
|-----------|------|---------------|------|-----|-----|-----|---------------|-----|-----|-----|------|---------------|------|------|------|------|
| 3/26 | 3/27 | 3/30 | 3/31 | 4/1 | 4/2 | 4/3 | 4/6 | 4/7 | 4/8 | 4/9 | 4/10 | 4/13 | 4/14 | 4/15 | 4/16 | 4/17 |

CONDITIONING

TAG US on Instagram & Facebook @dudziaksgymnastics so we can share! #DGstrong on your posts!

3x20 Hollow Rocks

3x20 Arch Rocks (arm position optional)

3x20 Leg Lifts (any at home variation)

3x1min HS Hold (against wall)

5mins of HS Hold Work

3x5 Press HS (against wall, to toe point)

3x10 Half HS Push Ups (Feet on bed)

3x20s L Sit/Straddle L Sit

3x20s L/Straddle Sit Lifts

3x10 Dips (use chairs or couch)

3x10 Push-ups (elevate feet)

3x5 Pull-up Variations

20 Squats

20 Good Mornings

10 Stepping Lunges (20 ea leg: F/S/B)

20 Box Jumps (Fwd & Bwd)

20 Calf & Toe Raises (Stairs)

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VIDEO WORKOUTS

Choose at least one video for each category below. You can do as many videos for each category that you'd like!

www.DudziaksGymnastics.com/team-workouts

TAG US on Instagram & Facebook @dudziaksgymnastics so we can share! #DGstrong on your posts!

Warmup/Condition/Flex Video

Core Video

Vault Video

Bar Video

Beam Video

Floor Video

Flexibility Video (in warmup section)





