

Sunflower Gymnastics Exercise Calendar

Week	Sunday	Monday	Tuesday	Wednesday	Thurs	Friday	Saturday
1	OFF	60 Handstand Shrugs 70 V-ups 50 Superman rocks 2 minutes Wall Sits 5 minutes Toe Point	OFF	Back bridges chest to wall (15 sec- 3 times) All 3 splits (1 min each) Pike stretch (partner push 20 sec- 3 times)	OFF	60 Push-ups 60 Crunches 40 Superman Rocks 30 Lunge Switch 2 minutes Squeeze Feet Together 40 calf raises	3 min. Hold "Mad Kitty" 60 Sit-ups 2 min. Superman Hold 50 Popcorn Jumps 4 min. Straight Leg Holds (feet together and Pointed)
2	OFF	3 min. Handstand hold (shrug position) 60 Hollow Rocks 1 min Superman Hold 20 Standing Long Jump 2 min. Seated Arm-wall hold (back, shoulders, thumbs against wall)	OFF	Back bridges chest to wall (15 sec- 3 times) All 3 splits (1 min each) Pike stretch (partner push 20 sec- 3 times)	OFF	40 Clapping Pushups 50 Double leg lifts(lying on back) 50 Superman Rocks 3 min. Wall Sits 30 Candlestick tuck jumps	50 Dips 2 min. Hollow Hold 40 Heel drives 36 Walking Lunges 5 min. Toe Point
3	OFF	3 min. Hold "Mad Kitty" 60 Sit-ups 2 min. Superman Hold 50 Popcorn Jumps 4 min. Straight Leg Holds (feet together and Pointed)	OFF	Back bridges chest to wall (15 sec- 3 times) All 3 splits (1 min each) Pike stretch (partner push 20 sec- 3 times)	OFF	30 Pike pushups 60 Hollow Rocks 1 min Superman Hold 20 Standing Long Jump 2 min. Seated Arm-wall hold (back, shoulders, thumbs against wall)	80 Push-ups 80 Crunches 40 Superman Rocks 30 Lunge Switch 2 minutes Squeeze Feet Together
4	OFF	40 Clapping Pushups 50 Double leg lifts(lying on back) 50 Heel drives 3 min. Wall Sits 30 Candlestick tuck jumps	OFF	Back bridges chest to wall (15 sec- 3 times) All 3 splits (1 min each) Pike stretch (partner push 20 sec- 3 times)	OFF	60 Handstand Shrugs 70 V-ups 50 Superman rocks 2 minutes Wall Sits 5 minutes Toe Point	50 Dips 2 min. Hollow Hold 40 Heel drives 36 Walking Lunges 5 min. Toe Point