

# GYMNAIRES SUMMER WORKOUT 2023

Exercise/Stretch	Sets/Reps/Duration		
	Beginner	Intermediate	Advanced
Frogstand and/or Crowstand	3 reps of 10 sec	3 reps of 15 sec	3 reps of 20 sec
Headstand roll-up	3 sets of 3 reps	3 sets of 5 reps	3 sets of 10 reps
Headstand pike-up	3 sets of 3 reps	3 sets of 5 reps	3 sets of 10 reps
Handstand (rep toe to wall and heel to wall)	5 reps of 10 sec	5 reps of 15 sec	5 reps of 20 sec
Plank drag-up to tiptoe	5 reps	10 reps	15 reps
Plank hold alternate arm/leg extension	5 reps of 10 sec	5 reps of 15 sec	5 reps of 20 sec
Alternate between hollow and superman positions	5 reps of 10 sec	5 reps of 15 sec	5 reps of 20 sec
Pike push-ups	3 sets of 5 reps	3 sets of 10 reps	3 sets of 15 reps
Plank to elbow plank to elbow push-up and return	10 reps	15 reps	20 reps
Dips	3 sets of 5 reps	3 sets of 10 reps	3 sets of 15 reps
Sitting straddle heel lifts	3 reps 3 sec	3 reps of 6 sec	3 reps of 10 sec
Wrist stretch (front and back is one rep)	3 reps of 20 sec (shake out and roll wrists after each rep)		
Backbend	3 reps of 30 sec (roll out back after each rep)		
Splits (Modify rep lengths to at least 20 sec)	<a href="#">How to do a Split Fast! Stretches for Splits Flexibility - YouTube</a>		
Run/walk	2 mile, run at least one of them continuous		

## Expectations For Tryouts

Men: Press to handstand

Women: Front splits

Everybody: 10 second hand stand with no "walking"