**Strength and Conditioning**

Burpee Song Fifth harmony work – burpee every time they sing work do a burpee

Cha Cha Slide Plank workout <https://www.youtube.com/watch?v=x_YFkVSp34s>

Nutbush Plank Challenge <https://www.youtube.com/watch?v=KknGVgpDrqI>

Partner exercises <https://www.youtube.com/watch?v=MeBBS6f0HeI>

* Piggy back squats,
* Wheelbarrow Laps
* ‘sumo squat’ other person does press up with feet on upper thigh
* Back to back wall sit
* Leg raise – 1 partner lifts both legs up to person standing above at the head then push legs back down towards floor
* in press up / plank partner jumps from side to side over legs then switch,

\*as above but crawl under plank then switch

* pressing soles of feet to partners gymnasts should cycle,
* sitting in sit up crunch shape partners throw ball to each other to catch,
* facing each other in press up shape partners do alternate hand high 5’s.
* Crunch and Climb – 1 person does sit ups whilst partner leans onto their knees with their hands and does high knees / running on spot.
* Bunk beds
* Sit up high tens 10’s – feet to feet

Circuit Side Stations

* Handstand press ups (against wall)
* Tricep dips (benches)
* Bunny Hops (benches)
* Press ups / half press ups
* Tuck jumps on a crash mat
* Dish
* Arch
* Shoulder stand - no hands, arms by ears