

JULY 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30 Practice	1 Jumps 10 min Cardo and Stretch 10 Pike Jumps 10 Varsity Jumps 5 Favorite Jump 6 Combination Jump	2 Splits 10 min Cardo and Stretch 2 min Hold Right Split 2 min Hold Left Split 2 min Hold Middle Split Practice Flexibility Skills	3 Cardo 30 Jumping Jacks 15 Mountain Climbers 5 Jump-Jacks/Kicks 10 Mountain Climbers 20 Jumping Jacks	4 Independence Day Play outside! Watch Fireworks	5 Outside Fun 20 min Go for a walk/run or bike ride
6 Bridges 1 min get heart pumping 5 min Stretch 5 Bridge-Hold 15 sec 5 Backbend kickover 1 min Wrist Stretch	7 Kicks 10 Kicks to each side 10 Kicks to front 2 sets 5 - Jump Jack/Kicks 10 min Stretch with splits 15 Good Jumps	8 Wrists 20 Wrist Circles 1 min Wrist Stretch 40 Wall Push Ups 20 Crunches 20 Good Push Ups	9 Jumps 10 min Cardo and Stretch 10 Kicks Each Side 10 Varsity Jumps 10 Herkie Jumps 2 sets 15 Mountain Climbers	10 Splits 10 min Cardo and Stretch 2 min Hold Right Split 2 min Hold Left Split 2 min Hold Middle Split Practice Flexibility Skills	11 Cardo 25 Lunge walks 10 Jump Jack/Kicks 10 Mountain Climbers 10 Tuck Jumps 5 Jump Jack/Kicks	12 Outside Fun 20 min Jump Rope or Play a Tag game with Family
13 Make your Own	14 Practice	15 Cardo 25 Lunge walks 10 Jump Jack/Kicks 10 Mountain Climbers 10 Tuck Jumps 6 Jump Jack/Kicks	16 Strength 25 Push Ups 10 Tuck Jumps 15 V-Ups 10 Roll Back Jump Ups 30 Crunches	17 Jumps 10 min Cardo and Stretch 12 Pike Jumps 12 Varsity Jumps 8 Favorite Jump 6 Combination Jump	18 Practice	19 Outside Fun 20 min Go for a walk/run or bike ride
20 Squeeze 2 sets 15 sec Hollow Hold 2 sets 15 sec Superman 15 Scissors legs lifts 2 sets 15 sec Hollow Hold 2 sets 15 sec Superman	21 Practice	22 Bridges 1 min get heart pumping 5 min Stretch 5 Bridge-Hold 15 sec 1 min Wrist Stretch 5 Backbend Kickover	23 Jumps 10 min Cardo and Stretch 12 Varsity Jumps 8 Double Varsity 12 Pike Jumps 6 Combination Jump	24 Wrists 25 Wrist Circles 1 min Wrist Stretch 2 sets 25-Wall Push Ups 2 sets 20-Crunches 20 Good Push Ups	25 Practice	26 Outside Fun 20 min Jump Rope or Play a Tag game with Family
27 Parents' Day Work with your parents and make up your own Work Out	28 Practice	29 Jumps 10 min Cardo and Stretch 10 Kicks to each side 12 Varsity Jumps 10 Favorite Jump 8 Combination Jump	30 Push Ups 2 sets 10-Push Ups 30 Lemon Squeezes 2 sets 10-Wide Arm Push 30 Crunches 10 Diamond Push Ups	31 Cardo 30 Jumping Jacks 15 Mountain Climbers 8 Jump-Jacks/Kicks 10 Mountain Climbers 10 Roll Back Jump Up	1 Practice	2
Flex Skills: Scorpion, Scale, Bow'n'Arrow, Heal Stretch Jumps: Varsity, Pike, Herkie, Hurdler, Double Varsity Combination Jumps: Any two or more Jumps performed one after another Wrist Circles: Hold arms in a 'T' and roll hands in circles forward 10x then backwards 10x Hollow Hold: Lay on back lift shoulders and legs 6" off ground, look at toes and Hold Superman: Same as Hollow but flipped on belly align arms w/ ears						