

## **Home Equipment “Extras”**

\*This is **NOT** a workout, just some ideas **IF** you have any of the following home equipment.

### **PLEASE READ – IMPORTANT:**

**FORM MATTERS** – if you are doing any of these skills/drills with sloppy form, your body **WILL** remember it that way and when you get back to the gym you will spend **MORE** time unlearning bad habits. Do it right or go do a puzzle!

### **DO NOT ASK YOUR PARENT/SIBLING/PET TO SPOT YOU**

### **DO NOT TEACH YOURSELF NEW ACRO SKILLS** (yes you **CAN** try new jumps, but be careful there too)

### **WARM UP AND BE AWARE OF YOUR SURROUNDINGS**

#### **Chin Up Bar**

Pull ups: over grip, under grip, mixed grip – how many can you do? See if you can double it.

Leg lifts and half leg lifts – not super fun, but super important for glide kips

Hanging tuck ups

SLOW “fish flops” (arch, straight, hollow) – great for tap swings, but do **NOT** tap swing on a pull up bar!

Hanging grip changes for pirouettes – hang on the bar, change your grip to under grip and back; hang on the bar, flip your first hand like you would for a handstand pirouette, then reach around with the other hand.

#### **Beam**

½, full, 1 ½, double turns

Leg up at horizontal full turn

Ok, who can do a wolf turn?

Anyone got an Okino out there? (That is a triple turn on toe, named after Betty Okino)

Jumps: tuck, wolf, pike – add a ½, ¾ or full twist

Jumps: straddle, split – add a ¼, ½ or ¾ ...

...too easy? Try a ring jump or tour jete

Switch leap or switch side

Make up your own jump combination!

Handstands, cartwheels, walkovers – front or back

Round off, FHS, or BHS step out – **FLOOR BEAMS ONLY PLEASE!**

Acro connections: cartwheel swing through cartwheel, handstand step down back walkover...front walkover + front walkover...be safe and smart, but get creative!

How long can you hold a handstand sideways? Forwards?

Make up your own beam routine

#### **Trampoline**

All jumps, try to add full or 1 ½ twist

Standing BHS rebound

Bounders

Standing back tuck

How long can you jump without stopping?

How many jumps can you do in a row?

**Air Track**

Standing BHS or RO+BHS

BHS step out

BHS step out + BHS step out

BHS step out + layout step out

Ok, who's got a triple series? Quad series? – (beam tumbling)

FHS rebound

FHS step out

FHS step out + FHS

Front tuck

Front tuck rebound

RO + back tuck