

Kennylands gymnastics at home

arm conditioning!



A close up of a logo

Description automatically generated

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ACTIVITY | 1 | | | 2 | | | 3 | | | 4 | | |
| SETS | **1** | **2** | **3** | **1** | **2** | **3** | **1** | **2** | **3** | **1** | **2** | **3** |
| Hold arms out horizontally (1 min) |  |  |  |  |  |  |  |  |  |  |  |  |
| small arm circles forwards (1 min) |  |  |  |  |  |  |  |  |  |  |  |  |
| small arm circles backwards (1 min) |  |  |  |  |  |  |  |  |  |  |  |  |
| Press ups (10 reps) |  |  |  |  |  |  |  |  |  |  |  |  |
| Front support shoulder taps (30 secs) |  |  |  |  |  |  |  |  |  |  |  |  |
| Tucked/ Piked handstand press ups |  |  |  |  |  |  |  |  |  |  |  |  |
| Tricep dips (20 reps) |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 arm press ups against a wall (15 reps each side) |  |  |  |  |  |  |  |  |  |  |  |  |

