Home Training For the General Rhythmic Community During Social Isolation 2020

Overview: Over the last 10 years, the rhythmic program has developed programming to help our athlete's improve their performance and decrease their risk of injury. During this time of social isolation, our athletes can use it as an opportunity to further improve body positions, muscle balance, and body difficulties. Having excellent fundamentals is crucial for the development of advanced skills. This is a time when we can focus on the fundamentals.

On the Rhythmic Resource page (https://www.usagym.org/pages/rhythmic/pages/resources.html), there are many videos that can be used to help train at home and develop technique. This will help with the transition back to regular rhythmic training, decrease injury risk and improve body difficulties.

Suggested In-Home Training for Rhythmic Gymnast
*(NB: National Team athletes have a separate suggested plan)*

- **Warm up/stretching** (maybe bring a yoga mat outside weather permitting!) 4-6 days per week
  + spend 30-45 minutes doing your full warm up with the same energy that you would put into it while at the gym
  + Add some exercises from the Rhythmic CLX Band Exercises resource
  + Add some exercises from the Scapular Stabilization for the Rhythmic Gymnast
  + Perform the Jump Progression exercises

- **Ballet** – 4-6 days per week Ballet is part of your strength/conditioning program as proper ballet technique will lead to decreased risk of injury and improved technique on all aspects of rhythmic gymnastics.

- **HiIT (in an effort to keep up your endurance, do a short HiIT at the beginning of your work out, and then a longer one at the end)** - Most of the HiIT programs can be performed at home (even outside weather permitting). It is recommend to wear gym shoes since you will likely be on harder surfaces than at the gym. 4-5 exercises (20 seconds on, 10 seconds off x 4 cycles of each) for a total of 10 min. 4-6 days per week

- **Routines** - Walk through your routines as you visualize. Think about what your focus is with each element (ex: pull up, use my plie, stop my arm, etc). Slow the pace and focus on details. 4-6 days per week
  + Listen to your music and visualize your performance, then do walk throughs and practice body difficulties that can be performed in your living room. Use this time to focus on pulling up and working through your feet. You can make improvements here because you don't have to worry about equipment, you can be deliberate in improving your feet and in pulling up.

- **HiIT** (Perform your longer HiIT program at the end of your at-home practice)- 10 exercises (20 seconds on, 10 seconds off x 4 cycles of each) for a total of 20 min. 4-6 days per week

- **Yoga Or Pilates for Rhythmic Gymnasts** 4-6 days per week
  + Choose Yoga or Pilates from the resource page. Alternate between the two programs

For those athletes and coaches who participated in the 2019 High Performance Camps:
- **Active cool down including diaphragm breathing.** This can be a good time to do your visualization (lying on your back, eyes closed, full speed or slower with emphasis on details) - At the end of any activity

- **Soft tissue Release** (foam rolling, balls, sticks) - Can be done throughout the day, after or as part of your warm up, after active cool down, etc) 4-7 days per week

Set a timer for screen time to limit getting caught up in social media, news, multiple episodes of a TV series, etc. Read, color, go for a walk, talk to friends/teammates over the phone/FaceTime, try new recipe ideas (send the links to recipes that come out good to your teammates!). Setting a schedule can help to feel more normal and accomplished throughout the day.