SOLO TRAINING GUIDE

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As an acrobatics student, sometimes you want to train by yourself for a couple of hours, but when you arrive at the gym, you wonder what it is you should do. So here are the basic daily exercises I recommend. This guideline is for general training. If you want to focus on specific skills, you always can adjust them.

In general, there are 4 steps to every acrobatics exercise: **flexibility, strength, balancing, and tumbling.** If you are going to do two hours of training, here is the time you want to spend on each of them.

- **A** 20 MINUTES of warm-ups, easy stretching, and injury prevention
- **B** 30 MINUTES of balancing
- **C** 30 MINUTES of tumbling
- **D** 20 MINUTES of conditioning
- **E** 20 MINUTES of intense stretching and cool down
WARM-UPS, EASY STRETCHING, & INJURY PREVENTION

1. Warming up
Before you train, warming-up your body is crucial.
Five minutes of jumping-jacks, mountain climbing, and animal walks are all good. Jumping rope for a few minutes is also good to start.

2. 7-8 minutes of leg kicks
Kicks are not only good for warm-up but also for increasing your heart rate.

3. 7-8 minutes of injury prevention
Strengthen neck, wrists, shoulder, back, all the way down to the hips, knee, and ankle. You can do one set of twenty of each part of those joints.

4. You don’t need to do intense stretching at this time
Focus on wrist, arm, and shoulder strength first before working on balancing

- Holding time against the wall multiple times and 1-2 minutes each

- Variety drills, scissor kick to handstand, tuck/straddle jump to handstand, handstand stepping, etc. 3 sets of 10 times.

- Between handstand exercises, practice headstand and elbow stand balancing, so your wrists can take a break from the handstand. Use the wall for help if you can’t free-standing yet.
Here are some common tricks for tumbling exercises.

From easy to hard.
For 30 minutes of practice.
Do each exercise 10 times.

- Forward roll, dive roll, handstand roll.
- Backward roll and back extension roll.
- Front shoulder roll and back shoulder roll, back shoulder roll to belly with fish-flopping.
- Cartwheel left and right, one-handed cartwheel left and right.
- Round-off.
 These are common conditioning/strength workout routines for the body. You may pick the ones you like, and alternate the others, so you won’t feel they are boring.

- **Abs.** V-ups, crunches, hollow holding, wall-bar leg lifting, plank holding
- **Back.** Superman bounces, superman holding, swimming without water
- **Push-ups.** Regular push-up, downwards dog push-up, headstand to handstand push-up
- **Pull-ups.** Regular pull-up with bar, if you can’t do it make your body horizontal and place your feet on a high level.
- **Leg strength.** Squats, long jumps, high jumps
Intense stretching means splits and back bending. After all the exercise you just finished, your body can stretch a little further. Make a routine of three-way splits, left, right and middle, each of them holding 1-2 minutes. Then do a bridge holding for 30 seconds.

Every person’s body is different. You may think this list is too easy, or maybe too hard. Please do the proper adjustments for yourself. Talk to me or your instructor if you have further questions.

Good luck.