

## YURCHENKO VAULT STRENGTH CIRCUIT

*This is a great workout for all pieces of the yurchenko vault and even great for those who are doing basic front handsprings. From the run to the needle in the roundoff, the punch to the reach back, block and rotation to landing. Could be a great warmup on Vault Days!*

### **You Need:**

**Light weights**

**Panel Mats**

**Bosu Balls**

**High Blocks**

**Long Bands**

**Stability Balls**

**Bouncy Boards.**

**The whole circuit is here:** <https://vimeo.com/1138217127/96363a2208?share=copy&fl=sv&fe=ci>

Complete one or two sets of each, time depending! If you do one set of each the workout is about 25 minutes. These could also be used as side stations!

1)High Knee Runners 60 seconds

<https://vimeo.com/1080871666/4da20fc3b2?share=copy>

2)Weighted High Skips 6 passes

<https://vimeo.com/749115263/d608824261?share=copy>

3)Hurdle UPs to Panel 10 each leg

4)Hurdle Bounce Backs 10

5)Quick Banded Hurdles 15 each leg

6)Roundoff Rebounds 4 passes

<https://vimeo.com/1043942784/2bac731eba?share=copy>

7)Active Hurdle Needle Kicks 20 each leg

<https://vimeo.com/815098615/ea9f5bfc33?share=copy>

8)Elevated Block Backs (board and block) 15

<https://vimeo.com/1089485536/5cac064538?share=copy>

9)Active Needle Step Ins with band 20 each leg

<https://vimeo.com/851421055/43b134b2aa?share=copy>

10) Active Stiff Leg deadlift 20 (go heavier focus on CHEST UP)

<https://vimeo.com/737516496/c10178d358?share=copy>

11)Straight Body Board Punches with Bands under 30 (use a U mat for safety)

<https://vimeo.com/933867556/6e2d7bc592?share=copy>



12)Active Reach Back on Bosu and Block (optional if you can set it up, maybe good side station)

<https://vimeo.com/667990322/d271878202?share=copy>

13)Backward HS Hops 4 passes

<https://vimeo.com/912379340/c2775264c3?share=copy>

14)Wall Blocks with ball 15

<https://vimeo.com/1108819892/f21f45bea3?share=copy>

15)Single Leg tuck UP hammy 15 each leg

<https://vimeo.com/815095971/edaf0fe127?share=copy>

16)Rotation Tuck Kicks 20 each leg

<https://vimeo.com/804460574/38c32b5cf1?share=copy>

17)Punch Stick Landings 10

<https://vimeo.com/653940940/4b0ef5e5e9?share=copy>