

Home Conditioning List

Girls:

1. General stretch 7-10 minutes
2. Splits, Pike, Bridge, 60 sec each.
3. Floor L hold 3X15 sec
4. Floor Straddle L hold 3X15 sec
5. Floor V-hold 3X10 sec
6. Handstand Hold 3X45 sec
7. Floor press to handstand 50
8. V-ups 3X20
9. "Superman" 3x20
10. Push-ups 5X20
11. Squat Jumps up 3X20
12. 45-degree handstand hold legs against wall (back giant hold) 3X30sec.
13. Toe raises : both legs 2x50, left leg 2x30, right leg 2x30

Boys:

1. General stretch 7-10 minutes
2. Splits, Pike, Bridge, 60 sec each.
3. Floor L hold 3X15 sec
4. Floor Straddle L hold 3X15 sec
5. Floor V-hold 3X10 sec
6. Planche hold 3X10 sec
7. Handstand Hold 3X45 sec
8. Floor press to handstand 50
9. V-ups 3X20
10. "Superman" 3x20
11. Push-ups 5X20
12. Squat Jumps up 3X20
13. 45-degree handstand hold legs against wall (back giant hold) 3X60
14. 45-degree handstand hold legs against wall (Front giant hold) 3X60
15. Back support (legs fwd pommel horse circle position) 3x45sec
16. Toe raises : both legs 2x50, left leg 2x30, right leg 2x30

