**June SQUAD CONDITIONING and FLEXIBILITY**

* **Mondays = TESTING DAY**

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| **STRENGTH TESTING = Time how long it takes you to complete each of the following. Record your results.** | | | | |
| 20 burpees (with jump) | 15 chin ups (chin over bar) | 40 V sits (lay flat in between) | 30 squat jumps | 15 Straddle bunnies to handstand |

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| **SKILL TESTING = You might need some help for these. Record your results and see if you can beat it next week!** | | | | |
| Standing long jump:  1) Gymnast starts with toes on line  2) Gymnast jumps forward to land on TWO FEET  3) Where the heel of the back foot lands is the scoring position | Standing high jump:  1) Gymnast stands with back to wall, arms by ears and stretches as high as  possible.  2) The wall is marked at this hand height.  3) Gymnast covers fingertips in chalk and then stands side on to the wall.  4) Gymnast jumps as high as she can, marking the wall with her fingertips.  5) The distance between the standing height mark and the ‘jumped’ mark is recorded. | 20m Sprint:  (find somewhere you can do a 20m sprint safely)  Get someone to time how long it takes you. | Held handstand:  Timer starts from when feet are off the ground and stops when feet return.  NO MOVING HANDS. | Handstand walking:  Measure how far you get. |

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| **FLEXIBILITY TESTING = Record your results and see if you can beat it next week!** | | | |
| Right and Left Leg Splits  Measure how far you are off the floor. If you are flat measure how much overstretch you can do before you stop being flat. | Box Splits  Measure how far you are off the floor. If you are flat measure how much overstretch you can do before you stop being flat. | Straddle Stand Reach Test  Stand (feet just over shoulder width) on a raised surface and reach hands towards toes with straight legs. Aim to get finger tips past feet. Measure the distance between hands and feet. | Pike Stand Reach Test  Stand on a raised surface and reach hands towards toes with straight legs. Aim to get finger tips past feet. Measure the distance between hands and feet. |

* **Tuesdays and Fridays CORE**

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| **CONDITIONING** | | |
| **Dev (5-7years)** | **Juniors (8-9 years)** | **Intermediates (10-12 years)** and **Seniors (13+years)** |
| 1. [**https://youtu.be/jVzVfLNIVCk**](https://youtu.be/jVzVfLNIVCk) 2. [**https://youtu.be/-0DuHnxnH14**](https://youtu.be/-0DuHnxnH14) | 1. [**https://youtu.be/sCvzdKE0x3k**](https://youtu.be/sCvzdKE0x3k) | 1. [**https://youtu.be/Z\_bv\_gq\_v\_s**](https://youtu.be/Z_bv_gq_v_s) 2. [**https://youtu.be/Ni1wNEdGtos**](https://youtu.be/Ni1wNEdGtos) |

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| **FLEXIBILITY** |
| **All** |
| [**https://youtu.be/0fPanmOb\_Os**](https://youtu.be/0fPanmOb_Os) |

* **Wednesdays and Saturdays ARMS/GENERAL**

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| **CONDITIONING** | | |
| **Dev (5-7years)** | **Juniors (8-9 years)** | **Intermediates (10-12 years)** and **Seniors (13+years)** |
| 1. **<https://youtu.be/2VddmgquB88>** 2. [**https://youtu.be/wzJeImXNTDA**](https://youtu.be/wzJeImXNTDA) | 1. [**https://youtu.be/2VddmgquB88**](https://youtu.be/2VddmgquB88) 2. [**https://youtu.be/Gv2bTcFOSDs**](https://youtu.be/Gv2bTcFOSDs) | 1. [**https://youtu.be/2VddmgquB88**](https://youtu.be/2VddmgquB88) 2. [**https://youtu.be/q2NZyW5EP5A**](https://youtu.be/q2NZyW5EP5A) 3. [**https://youtu.be/RqT0kT3up9c**](https://youtu.be/RqT0kT3up9c) |

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| **FLEXIBILITY** |
| **All** |
| [**https://youtu.be/Dyw5bOkPJAw**](https://youtu.be/Dyw5bOkPJAw) |

* **Thursdays and Sundays LEGS**

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| **CONDITIONING** | | |
| **Dev (5-7years)** | **Juniors (8-9 years)** | **Intermediates (10-12 years)** and **Seniors (13+years)** |
| 1. [**https://youtu.be/zqTmwBeoB6Q**](https://youtu.be/zqTmwBeoB6Q) | 1. [**https://youtu.be/LAJFMRAo5OE**](https://youtu.be/LAJFMRAo5OE) 2. [**https://youtu.be/RSq6zuAEIzs**](https://youtu.be/RSq6zuAEIzs) | 1. [**https://youtu.be/LAJFMRAo5OE**](https://youtu.be/LAJFMRAo5OE) 2. [**https://youtu.be/RSq6zuAEIzs**](https://youtu.be/RSq6zuAEIzs) 3. [**https://youtu.be/pPStsSCaeOY**](https://youtu.be/pPStsSCaeOY) |

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| **FLEXIBILITY** |
| **All** |
| [**https://youtu.be/okGREizzjlY**](https://youtu.be/okGREizzjlY) |

**You earn you medals at (home) practice, you just pick them up at competitions!**