**LATE MARCH-April SQUAD CONDITIONING and Flexibility**

* **Mondays = TESTING DAY**

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| **STRENGTH TESTING = How many can you do in 15secs. Record your results and see if you can beat it next week!** | | | | |
| Press Ups | Rebounds | Laying leg lifts | Burpees | Chin Ups (if you have a bar) |

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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 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. | 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. | Stand a 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** | | | | | | | |
| 8x Legs up, top half crunches | 8x Crunches | | 8x bottom half crunches | | 20x Butt ups | | 8x Top Half Crunches |
| 8x V sits | 10x Side plank dips each side | | 8x Top half arch lifts | | 8x Bottom half arch lifts | | 8x Arch Rocks |
| 10x Open tuck rock | 8x Dish rock | | 20s Plank | | 20s Rear support on elbows | | 4x Caterpillar |
| **Dev (5-7years)** = 1 time through. **Juniors (8-9 years)** = 2 times through. **Intermediates (10-12 years)** and **Seniors (13+years)** = 3 times through | | | | | | | |
| **FLEXIBILITY** | | | | | | | |
| Seal Stretch Feet To Head 20secs | | Press armpits/ribs to floor 20secs | | 15x rocks in bent leg bridge | | 15secs bridge on elbows | |
| Pike sit hold 30 secs | | Straight leg bridge 15 secs | | 5x Box split swim throughs | | Pike sit hands linked behind, slide hands away 20secs | |

* **Wednesdays and Saturdays ARMS/GENERAL**

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| **CONDITIONING** | | | | | | | |
| 10x Wide arm press ups | 12x Planche drags | | 15x Triceps Dips (hands on raised surface) | | 40x Lift to Tip Toes | | 30x Mountain Climbers |
| 8x Elbows In Press Ups | 8x Straddle up in headstand | | 8x Tuck bunnies | | 15x Squat jumps | | 30x Rebounds |
| **Dev (5-7years)** = 1 time through. **Juniors (8-9 years)** = 2 times through. **Intermediates (10-12 years)** and **Seniors (13+years)** = 3 times through | | | | | | | |
| **FLEXIBILITY** | | | | | | | |
| 6 minute General stretch | | W Sit Fold 30secs each leg | | Right leg splits 50secs | | Left Leg Splits 50secs | |
| Box splits 40secs | | Standing Pike Fold 30secs | | Press armpits/ribs to floor 20secs | | Straight leg bridge 15 secs | |

* **Thursdays and Sundays LEGS**

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| **CONDITIONING** | | | | | | | |
| 8x Pike sit single leg lifts, each leg | 14x Squats | | 10x All fours leg lifts, each leg | | 10x One leg Lift to tiptoes each legs | | 5x Split jumps on each leg. |
| 20x Ballet leg lifts, each leg | 20x knee swaps with jump | | 10x “weeing”dogs, each leg | | 15x lateral hops, each leg | | 5x burpee with back walk over/flic/back tuck |
| **Dev (5-7years)** = 1 time through. **Juniors (8-9 years)** = 2 times through. **Intermediates (10-12 years)** and **Seniors (13+years)** = 3 times through | | | | | | | |
| **FLEXIBILITY** | | | | | | | |
| Japana 30secs | | W Sit Fold 30secs each leg | | Flexed Foot Pike Sit Fold 30secs | | Lunge Split Stretch 25secs each leg | |
| Squashed Frog 40secs | | Right leg splits 45secs | | Left Leg Splits 45secs | | Standing Pike Fold 25secs | |

**COME BACK STRONGER.**