**May – June 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 Up Claps | Squat thrusts (front supp to squat) | V sits (lay flat in between) | Rock to shoulder stand jump up | Chin above bar hold |

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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** | | | | | | | |
| Butt ups x40 | Squat thrusts x20 | | Plank Hold 15s | | Russian twists x40 | | Jumping caterpillar x4 |
| Top half arch lifts x20 | Bottom half arch lifts x20 | | Straight legged sit up x15 | | Side plank 30s each side | | Star open front support 20s |
| **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** | | | | | | | |
| Walk fwd in crab 20s | Weighted shoulder shrugs x15 | | Walk bwd in crab 20s | | 15 burpees | | 40 rebound jumps |
| 8x Press Ups | 8x Straddle bunnies | | 15x crunches | | Pike up in headstand x8 | | 20 arch rocks |
| **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** | | | | | | | |
| 16x demi squat jumps | 20x Ballet leg lifts, each leg | | 10x burpee with tuck jump | | 10x lift to tip toes in sumo squat | | 10x reverse lunge to high kick x12 each leg |
| 15x full squat jumps | 15x “weeing”dogs, each leg | | 20x later hop each leg | | 10x standing long jump | | 5x rock to shoulder stand 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 | |

**Don’t practice until you get it right. Practice until you can’t get it wrong.**