

DATE:



GYMTOWNE GYMNASTICS

Vacation Conditioning Program 1 hour

Name: _____

	EXERCISE	Set One		Set Two	
		Duration	Number Done	Duration	Number Done
C O N D I T I O N I N G	V -ups	60 seconds		60 seconds	
	Hollow Body Rocks	60 seconds		60 seconds	
	Left Side Rocks	30 seconds		30 seconds	
	Right Side Rocks	30 seconds		30 seconds	
	Arch Rocks	30 seconds		30 seconds	
	Butt-ups	60 seconds		60 seconds	
	Pull ups	30 seconds		30 seconds	
	Single leg right jumps to 18"+	60 seconds		60 seconds	
	Single leg right jumps to 18"+	60 seconds		60 seconds	
	Inverted Piked Push Ups	30 seconds		30 seconds	
	Sitting Stalder Lifts	60 seconds		60 seconds	
	Press Handstands	4 minutes		4 minutes	
	Toe Raisers Feet Parallel	30 seconds		30 seconds	
	Toe Raisers Feet Turned Out	30 seconds		30 seconds	
	Toe Raisers Feet Turned In	30 seconds		30 seconds	
	Windshield Wipers	30 seconds		30 seconds	
Static Wall Sit	60 seconds		60 seconds		
S T R E T C H I N G	Pike stretch (Record how far you got down)	60 seconds		60 seconds	
	Pancake (Record how far you got down)	60 seconds		60 seconds	
	Center Splits (Record how far you got down)	60 seconds		60 seconds	
	Right Splits (Record how far you got down)	60 seconds		60 seconds	
	Left Splits (Record how far you got down)	60 seconds		60 seconds	
	Shoulder Stretch Open (How open were you?)	60 seconds		60 seconds	
	Shoulder Stretch Back (How low were you?)	60 seconds		60 seconds	

This circuit totals to 22½ minutes per set for a total exercise time of 45 minutes. The remaining 15 minutes is factored in for moving to the next station/exercise. It is not meant to be rest time. Do set one of conditioning completely, then do set two of conditioning. When both sets of conditioning are complete, do set one of stretching followed by set two of stretching.