

Tiger Team Take Home Conditioning
Week 7
Due Week of June 21, 2010

Name:

What to Do	Completed
SQUATS (3 X 20) Standing in second position (legs should be a bit further apart than your waist) with your feet turned out and you back straight, place your hands on your hips and bend at your knees. After each 10 do 5 mini squats.	
PLANK HOLD (3 X 30 sec) Push up position on your elbows. Keep your shape flat and be sure not to arch or pike with your tush up in the air. Keep your shoulders over your wrists.	
TUCK UPS (3 X 20) Start out balancing on your tush in a tuck position, slowly lower out to a hollow position the back to tuck position. Your tush should be the only thing to ever touch the ground.	
HEADSTANDS (10 as best as you can) Remember to keep all your weight over your fingertips not your palm or wrist.	
SPLITS (2 minutes each leg) for some of you who don't have the best flexibility maybe try and do these every other day. Good flexibility is the key to being a great gymnast and makes learning skills easier!	

Don't forget about flip flop shop and parents night out this weekend....Saturday June 19, 2010. Stop by the front desk to sign up today!!!!