

Tiger Team Take Home Conditioning
Week 9
Due Week of July 5, 2010

Name: _____

What to Do	Completed
Squat Jumps (Do 10 each of the following jumps with the best form you can) Straight, Tuck, Split (green foot in front) Straddle. Before each jump squat down and touch the floor. Remember to keep your back straight as you squat down.	
Hollow Hold (3 X 25 sec) The most important thing about a hollow hold is your form. Be sure only your lower-back and tushy are touching the floor. Arms are tight next to your thighs – feet should be 6 inches off the ground.	
Arch Hold (3 X 25 sec) Just like Superman! Remember your form again. Arms should be straight out in front with your head tucked in (shouldn't be able to see your ears) and legs are straight with knees and heels together.	
Sit Ups (5 X 20) Keep arms folded over your chest with hands on shoulders. Feet should be close to your tush.	
Splits (2 minutes each way every 30 sec do 10 claps with your hands above your head) I know these aren't our favorite thing to work on! However flexibility is essential to being a great gymnast!	

HAVE A SAFE AND HAPPY 4TH OF JULY