**HOLIDAY CONDITIONING:**

*Tick to indicate task completed.*

![C:\Users\user\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\TJ1E8C0O\Gymnastics_%28aerobic%29_pictogram.svg[1].png]()![C:\Users\user\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\TZFAWNDR\olympic_sports_gymnastics_artistic_pictogram_clip_art_15953[1].png]()![C:\Users\user\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\TJ1E8C0O\Gymnastics_%28aerobic%29_pictogram.svg[1].png]()

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Mon** | **Wed** | **Fri** | **Mon** | **Wed** | **Fri** | **Mon**  | **Wed** | **Fri** |
| **20 x Press ups** |  |  |  |  |  |  |  |  |  |
| **30 x Butt Bridge** |  |  |  |  |  |  |  |  |  |
| **Dish/Arch hold****(30 Sec)** |  |  |  |  |  |  |  |  |  |
| **Splits** **(30 sec per leg)** |  |  |  |  |  |  |  |  |  |
| **40 x Russian Twists** |  |  |  |  |  |  |  |  |  |
| **20 x Crunchies (2 sets)** |  |  |  |  |  |  |  |  |  |
| **20 x Straight leg lowers (90°)** |  |  |  |  |  |  |  |  |  |
| **Plank hold (60 sec)** |  |  |  |  |  |  |  |  |  |
| **Sumo Squats (20 – 2 sets)** |  |  |  |  |  |  |  |  |  |
| **Bridge** **(5 rocks – 3 sets)** |  |  |  |  |  |  |  |  |  |
| **Straddle handstand / elephant lifts x 5** |  |  |  |  |  |  |  |  |  |
| **25 x Sit ups (arms behind head)** |  |  |  |  |  |  |  |  |  |
| **Swimming or other activity** |  |  |  |  |  |  |  |  |  |