



### 4 week conditioning plan for 6 days of the week

- Ensure you warm up and stretch correctly before taking part in any exercise.
- Make sure you have enough room to do the exercises
- If the reps are too hard, you can reduce them

When you have completed the exercises, tick or place a sticker in the box ☺

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>WEEK 1</b> 50 SKIPS WITH A SKIPPING ROPE 10 PRESS UPS 10 STRADDLE V-SITS 5 ROLLS TO STAND BOTH LEGS 15 DISH ROCKS 10 JUMPING SQUATS 20 HEEL LIFTS						
<b>WEEK 2</b> 60 SKIPS WITH A SKIPPING ROPE 10 PIKE VISITS 15 ARCH ROCKS 10 SQUATS 20 TOE TOUCHES 10 ARABESQUE HEEL LIFTS - EACH LEG 16 SCISSOR DISH ROCKS						
<b>WEEK 3</b> 70 SKIPS WITH A SKIPPING ROPE 20 SQUATS WITH A SIDE KICK 15 DISH LIFTS 20 TOE TOUCHES IN STRADDLE 15 PIKE FOLD HEEL LIFTS 10 PRESS UPS 15 TRICEP DIPS						
<b>WEEK 4</b> 80 SKIPS WITH A SKIPPING ROPE 15 STRADDLE HEEL LIFTS 20 SECONDS DISH HOLD 20 SECONDS ARCH HOLD 15 CHEST LIFTS 15 SIT UPS 20 SHOULDER TOUCHES FRONT SUPPORT						