

## CLHS GYMNASTICS CONDITIONING

#	EXERCISE	EQUIPMENT
50	Wall Squats	10-20lb Dumbbells
15	Depth Jumps	4-5 Panel Mats or Block
20	Leg Lifts	High bar or Pull Up Bar
75	Calf Raises	w/5lb Dumbbell btwn knees
30 Sec	L-Hold on bar	w/3lb Dumbbell btwn knees
20	45' Sit Up	w/10lb Dumbbell
15	Chin Hold, Front Lever	Opt. pull up to front lever
20	Straddle Up to HS	Floor Bar
20	Bounce Split, Split	2 Panel Mats
3R/3L	Turkish Get Up-Windmill	10-15lb Dumbbell
30	Arm Circles	
50	Hollow Rocks	w/5lb Dumbbell
30	Theraband Dislocates	
5	Straddle Up to HS, Pirouette to Push Up	Floor Bar
20	Hip Thrusts	on Exercise Ball
10	V-Slider on wall	
	<b>CORE CIRCUIT</b>	
20 sec	Hollow Hold	
20	Hollow Rocks	
10	Opposite-Opposite V-ups (1-1, 2-2)	
10	V Pops	
20 sec	Arch Hold	
20	Arch Rocks	
20	Straddle Arch Ups	
	<b>PLANK CIRCUIT</b>	
10R/10L	Straight Leg Lifts	Forward Plank
10	Hip Dips	Right Plank
10R/10L	Straight Leg Lifts	Backwards Plank
10	Hip Dips	Left Plank
10	Shoulder Shrugs	Forward Plank
	<b>BOX JUMP CIRCUIT</b>	
20R/20L	High Knee Jumps	
20	Hurdle Punch Overs	
20	Box Jumps	