

(Before you start this training: Read the important Notes below)

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	Notes
<b>DANCING AROUND</b> Play your favourite song and have fun!	<b>As many songs you like</b> To do — Done	<b>As many songs you like</b> To do — Done	<b>As many songs you like</b> To do — Done	<b>As many songs you like</b> To do — Done	<b>As many songs you like</b> To do — Done	<b>As many songs you like</b> To do — Done	
<b>STRAIGHT JUMP</b>	<b>5</b> To do — Done	<b>5</b> To do — Done	<b>8</b> To do — Done	<b>8</b> To do — Done	<b>10</b> To do — Done	<b>10</b> To do — Done	
<b>MARCHING</b> (Around the house or on the spot)	<b>20 Sec.</b> To do — Done	<b>20 Sec.</b> To do — Done	<b>30 Sec.</b> To do — Done	<b>30 Sec.</b> To do — Done	<b>45 Sec.</b> To do — Done	<b>45 Sec.</b> To do — Done	
<b>ROCKIES in Tuck Shape</b>	<b>1 s. x 5 rep</b> To do — Done	<b>1 s.. x 8 rep</b> To do — Done	<b>1 s. x 8 rep</b> To do — Done	<b>1 s. x 10 rep</b> To do — Done	<b>2 s. x 8 rep</b> To do — Done	<b>2 s. x 10 rep</b> To do — Done	
<b>JUMP INSIDE AND OUTSIDE</b> (See info below)	<b>1 s. x 3 Sec.</b> To do — Done	<b>1 s. x 5 Sec.</b> To do — Done	<b>2 s. x 5 Sec.</b> To do — Done	<b>2 s. x 8 Sec.</b> To do — Done	<b>2 s. x 8 Sec.</b> To do — Done	<b>2 s. x 10 Sec.</b> To do — Done	
<b>BUNNY HOPS TRAVELLING</b> (See info below)	<b>5</b> To do — Done	<b>5</b> To do — Done	<b>8</b> To do — Done	<b>8</b> To do — Done	<b>10</b> To do — Done	<b>10</b> To do — Done	
<b>DISH</b>	<b>1 s. x 3 Sec.</b> To do — Done	<b>1 s. x 5 Sec.</b> To do — Done	<b>2 s. x 5 Sec.</b> To do — Done	<b>2 s. x 8 Sec.</b> To do — Done	<b>2 s. x 10 Sec.</b> To do — Done	<b>3 s. x 8 Sec.</b> To do — Done	
<b>ARCH</b>	<b>1 s. x 3 Sec.</b> To do — Done	<b>1 s. x 5 Sec.</b> To do — Done	<b>2 s. x 5 Sec.</b> To do — Done	<b>2 s. x 8 Sec.</b> To do — Done	<b>2 s. x 10 Sec.</b> To do — Done	<b>3 s. x 8 Sec.</b> To do — Done	
<b>SPLIT</b> (WITH EACH LEG) (See info below)	<b>2 s. x 10 Sec.</b> To do — Done	<b>2 s. x 15 Sec.</b> To do — Done	<b>2 s. x 20 Sec.</b> To do — Done	<b>3 s. x 15 Sec.</b> To do — Done	<b>3 s. x 20 Sec.</b> To do — Done	<b>3 s. x 30 Sec.</b> To do — Done	
<b>STRADDLE FOLDER</b> (See info below)	<b>2 s. x 10 Sec.</b> To do — Done	<b>2 s. x 15 Sec.</b> To do — Done	<b>2 s. x 20 Sec.</b> To do — Done	<b>3 s. x 15 Sec.</b> To do — Done	<b>3 s. x 20 Sec.</b> To do — Done	<b>3 s. x 30 Sec.</b> To do — Done	
<b>BRIDGE / SEAL</b> (See info below)	<b>2 s. x 4 Sec.</b> To do — Done	<b>2 s. x 8 Sec.</b> To do — Done	<b>3 s. x 6 Sec.</b> To do — Done	<b>3 s. x 8 Sec.</b> To do — Done	<b>4 s. x 8 Sec.</b> To do — Done	<b>4 s. x 8 Sec.</b> To do — Done	
<b>BALANCE WITH 2F. OR 1 LEG BALANCE</b> (See info below)	<b>4 s. x 3 Sec.</b> To do — Done	<b>5 s. x 3 Sec.</b> To do — Done	<b>5 s. x 5 Sec.</b> To do — Done	<b>5 s. x 5 Sec.</b> To do — Done	<b>5 s. x 8 Sec.</b> To do — Done	<b>5 s. x 8 Sec.</b> To do — Done	
<b>BALANCE from SIDE TO SIDE</b> (See info below)	<b>4</b> To do — Done	<b>6</b> To do — Done	<b>6</b> To do — Done	<b>8</b> To do — Done	<b>8</b> To do — Done	<b>10</b> To do — Done	
<b>SHAPES</b> (See info below)	<b>5</b> To do — Done	<b>5</b> To do — Done	<b>8</b> To do — Done	<b>8</b> To do — Done	<b>10</b> To do — Done	<b>10</b> To do — Done	
<b>TURN IN TIPTOES</b> (See info below)	<b>5</b> To do — Done	<b>5</b> To do — Done	<b>8</b> To do — Done	<b>8</b> To do — Done	<b>10</b> To do — Done	<b>10</b> To do — Done	
<b>CAT LEAP</b>	<b>5</b> To do — Done	<b>5</b> To do — Done	<b>8</b> To do — Done	<b>8</b> To do — Done	<b>10</b> To do — Done	<b>10</b> To do — Done	

<b>Abbreviation meanings:</b>
<b>S= Series</b>
<b>Rep= Repetitions (consecutive skills/moves)</b>
<b>Sec.= Seconds to be hold</b>
<b>Number is Purple means the quantity of skills to practice</b>

<p><b>NOTES:</b></p> <ul style="list-style-type: none"> <li>&gt; This plan has been created to enjoy the conditioning skills training while building strength, flexibility, coordination and mainly to have fun.</li> <li>&gt; It is recommended to train the Conditioning skills at least 3 days per week. It is ideally to do it 5 days/week to achieve a faster improvement.</li> <li>&gt; The series and repetitions/second are recommended but optional.</li> <li>&gt; This training plan was carefully created to follow the body muscle groups, however you can change the order or alternate 2 consecutive skills</li> <li>&gt; We recommend to do the skills on a yoga mat, gymnastics mat or soft floor, on at least 2 Mts x 2 Mts free floor space if possible.</li> <li>&gt; When the skill has to be performed standing we recommend to train with bare feet. <b>(Do not attempt Jumps or balances with socks).</b></li> <li>&gt; In between repetitions you can rest 1 minute or more if needed. In between skills you can take a longer rest.</li> <li>&gt; Each child/adult should take in consideration each own level and physical qualities.</li> <li>&gt; If the child is 12y.o or younger, it is recommended to do the training plan in presence of an adult, for safety reasons.</li> <li>&gt; This planning is intended to create a muscle memory, strength, flexibility and maintain fitness condition.</li> <li>&gt; Adding extra quantities or repetitions is not needed. The plan is created for the first 6 weeks of training.</li> <li>&gt; If your struggling to improve the skills and repetitions from the next week, do not worry repeat the previous week again and again until you feel comfortable with the series and repetitions. Remember that the it is important to have fun while training!</li> <li>&gt; If you require a plan for a longer period of time, feel free to contact us and we can customise it to your needs.</li> <li>&gt; For more information or enquiries please contact us at <a href="mailto:info@spontesuagym.com">info@spontesuagym.com</a></li> </ul> <p><b>SKILLS EXECUTION INFORMATION:</b></p> <ul style="list-style-type: none"> <li>&gt; <b>TO DO - DONE:</b> You can have fun and circle or paint the correct information (if you have done it on that date or if it has to be still trained).</li> <li>&gt; <b>JUMP INSIDE AND OUTSIDE:</b> You can create a hoop for example with your socks, make a circle on the floor to jump inside and outside</li> <li>&gt; <b>SPLIT:</b> normal splits are with one leg forward one leg back. Keep your Hands on each side of the legs.</li> <li>&gt; <b>STRADDLE FORWARD:</b> Sit in straddle position and bend your chest forward ideally chin on the floor.</li> <li>&gt; <b>BRIDGE/SEAL:</b> You can train bridge or seal.</li> <li>&gt; <b>LEG BALANCE:</b> you can balance with the free leg bended or straight.</li> <li>&gt; <b>BUNNY HOPS:</b> Select a distance and repeat that the times above or more if you wish.</li> <li>&gt; <b>SHAPES:</b> Repeat EACH SHAPE the times above or more if you wish.</li> <li>&gt; <b>BALANCE on 2 FEET OR 1 FOOT:</b> For 3 y.o it might be hard to balance on one foot. In this case they can balance in tiptoes with feet together. or alternatively they can balance on one foot holding their parents hands. As you wish and as you can.</li> <li>&gt; <b>BALANCE FROM SIDE TO SIDE:</b> For 3 y.o You can do it in a row or stopping. As you wish and as you can.</li> <li>&gt; <b>URNS:</b> Turn in Releve (tip toes) 4 turns (both sides) - You can watch the video in our website. That counts as (1) of the times above.</li> </ul>
---