

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

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	Notes
DANCING AROUND Play your favourite song and have fun!	As many songs you like To do — Done	As many songs you like To do — Done	As many songs you like To do — Done	As many songs you like To do — Done	As many songs you like To do — Done	As many songs you like To do — Done	
STRAIGHT JUMP	5 To do — Done	5 To do — Done	8 To do — Done	8 To do — Done	10 To do — Done	10 To do — Done	
JUMPING JACKS	5 To do — Done	5 To do — Done	8 To do — Done	8 To do — Done	10 To do — Done	10 To do — Done	
ROCKIES in Tuck Shape	1 s. x 5 rep To do — Done	1 s.. x 8 rep To do — Done	1 s. x 8 rep To do — Done	1 s. x 10 rep To do — Done	2 s. x 8 rep To do — Done	2 s. x 10 rep To do — Done	
FRONT SUPPORT	1 s. x 3 Sec. To do — Done	1 s. x 5 Sec. To do — Done	2 s. x 5 Sec. To do — Done	2 s. x 8 Sec. To do — Done	2 s. x 8 Sec To do — Done	2 s. x 10 Sec. To do — Done	
BACK SUPPORT	1 s. x 3 Sec. To do — Done	1 s. x 5 Sec. To do — Done	2 s. x 5 Sec. To do — Done	2 s. x 8 Sec. To do — Done	2 s. x 8 Sec To do — Done	2 s. x 10 Sec. To do — Done	
DISH	1 s. x 3 Sec. To do — Done	1 s. x 5 Sec. To do — Done	2 s. x 5 Sec. To do — Done	2 s. x 8 Sec. To do — Done	2 s. x 10 Sec. To do — Done	3 s. x 8 Sec. To do — Done	
ARCH	1 s. x 3 Sec. To do — Done	1 s. x 5 Sec. To do — Done	2 s. x 5 Sec. To do — Done	2 s. x 8 Sec. To do — Done	2 s. x 10 Sec. To do — Done	3 s. x 8 Sec. To do — Done	
SPLIT (WITH EACH LEG) (See info below)	2 s. x 10 Sec. To do — Done	2 s. x 15 Sec. To do — Done	2 s. x 20 Sec. To do — Done	3 s. x 15 Sec. To do — Done	3 s. x 20 Sec. To do — Done	3 s. x 30 Sec. To do — Done	
STRADDLE FOLDER (See info below)	2 s. x 10 Sec. To do — Done	2 s. x 15 Sec. To do — Done	2 s. x 20 Sec. To do — Done	3 s. x 15 Sec. To do — Done	3 s. x 20 Sec. To do — Done	3 s. x 30 Sec. To do — Done	
BRIDGE / SEAL (See info below)	2 s. x 4 Sec. To do — Done	2 s. x 8 Sec. To do — Done	3 s. x 6 Sec. To do — Done	3 s. x 8 Sec. To do — Done	4 s. x 8 Sec. To do — Done	4 s. x 8 Sec. To do — Done	
BALANCE from SIDE TO SIDE (See info below)	4 To do — Done	6 To do — Done	6 To do — Done	8 To do — Done	8 To do — Done	10 To do — Done	
SHAPES (See info below)	5 To do — Done	5 To do — Done	8 To do — Done	8 To do — Done	10 To do — Done	10 To do — Done	
TURN IN TIPTOES (See info below)	5 To do — Done	5 To do — Done	8 To do — Done	8 To do — Done	10 To do — Done	10 To do — Done	
1 LEG BALANCE (See info below)	4 s. x 3 Sec. To do — Done	5 s. x 3 Sec. To do — Done	5 s. x 5 Sec. To do — Done	5 s. x 5 Sec. To do — Done	5 s. x 8 Sec. To do — Done	5 s. x 8 Sec. To do — Done	
CAT LEAP	5 To do — Done	5 To do — Done	8 To do — Done	8 To do — Done	10 To do — Done	10 To do — Done	

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

<p>NOTES:</p> <ul style="list-style-type: none"> > This plan has been created to enjoy the conditioning skills training while building strength, flexibility, coordination and mainly to have fun. > 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. > The series and repetitions/second are recommended but optional. > This training plan was carefully created to follow the body muscle groups, however you can change the order or alternate 2 consecutive skills > 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. > When the skill has to be performed standing we recommend to train with bare feet. (Do not attempt Jumps or balances with socks). > In between repetitions you can rest 1 minute or more if needed. In between skills you can take a longer rest. > Each child/adult should take in consideration each own level and physical qualities. > If the child is 12y.o or younger, it is recommended to do the training plan in presence of an adult, for safety reasons. > This planning is intended to create a muscle memory, strength, flexibility and maintain fitness condition. > Adding extra quantities or repetitions is not needed. The plan is created for the first 6 weeks of training. > 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! > If you require a plan for a longer period of time, feel free to contact us and we can customise it to your needs. > For more information or enquiries please contact us at info@spontesuagym.com <p>SKILLS EXECUTION INFORMATION:</p> <ul style="list-style-type: none"> > TO DO - DONE: 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). > SPLIT: normal splits are with one leg forward one leg back. Keep your Hands on each side of the legs. > STRADDLE FORWARD: Sit in straddle position and bend your chest forward ideally chin on the floor. > BRIDGE/SEAL: You can train bridge or seal. > LEG BALANCE: you can balance with the free leg bended or straight. > SHAPES: Repeat EACH SHAPE the times above or more if you wish. > BALANCE FROM SIDE TO SIDE: For 3 y.o You can do it in a row or stopping. As you wish and as you can. > URNS: 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.
