CONDITIONING

INTERMEDIATE LEVEL

SPONTE SUA GYM

Gymnastics & Sports Centre

NAME:_____

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

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	Notes
STRAIGHT JUMP	**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	**3 s. x 8 rep** To do — Done	**3 s. x 10 rep** To do — Done	
TUCK JUMP	**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	**3 s. x 8 rep** To do — Done	**3 s. x 10 rep** To do — Done	
PRESS UP	**1 s. x 8 rep** To do — Done	**1 s. x 16 rep** To do — Done	**1 s. x 20 rep** To do — Done	**2 s. x 16 rep** To do — Done	**2 s. x 20 rep** To do — Done	**2 s. x 30 rep** To do — Done	
ROCKIES in Tuck Shape	**1 s. x 10 rep** To do — Done	**1 s.. x 15 rep** To do — Done	**1 s. x 20 rep** To do — Done	**2 s. x 15 rep** To do — Done	**2 s. x 20 rep** To do — Done	**2 s. x 30 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 10 Sec.** To do — Done	**3 s. x 8 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 10 Sec.** To do — Done	**3 s. x 8 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	
BOX SPLIT (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 (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	
1 LEG BALANCE (See info below)	**5 s. x 3 Sec.** To do — Done	**10 s. x 3 Sec.** To do — Done	**10 s. x 5 Sec.** To do — Done	**ARABESQUE** **5 s. x 3 Sec.** To do — Done	**ARABESQUE** **10 s. x 3 Sec.** To do — Done	**ARABESQUE** **10 s. x 5 Sec.** To do — Done	
Straddle or Pike Lever (See info below)	**3 s. x 3 Sec.** To do — Done	**3 s. x 3 Sec.** To do — Done	**4 s. x 3 Sec.** To do — Done	**3 s. x 5 Sec.** To do — Done	**4 s. x 5 Sec.** To do — Done	**3 s. x 8 Sec.** 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

NOTES:

> 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

SKILLS EXECUTION INFORMATION:

> 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.

> BOX SPLIT starts from straddle position. Keep you toes in line with your hip.

> BRIDGE: You can train bridge on different ways: Holding the bridge with legs straight. Bridge lifting one leg up 4 times and then changing an lift the other leg. On that same way, you can hold one leg up 4 second and swap legs and hold the other. Divide the second of each session.

> LEG BALANCE: you can balance the arabesque position from week 3 or earlier. To do Arabesque you need to lift the leg backwards at your hip high. You can also keep the free leg forward bended or straight. You want to try more: You can try to lift and hold your leg sideways. Balances that are not holder the seconds needed are not counted. Try again! :)

> PIKE LEVER: To train a Lever sit on the floor with feet together and hands on each side of the legs. Try to lift the full leg of the floor (from hip to toes) keep your legs straight at all time. We know it is very hard but we are sure that you can achieve this skill!. Just train hard and never give up!.

> STRADDLE LEVEL: Same as above but sit on the floor with the legs apart (straight) place your hands flat in between the legs and lift the legs off the floor.