Do each exercise for 30 seconds, 2 times through.

Go to our website: www.westwindgymnastics.com and look under the "Conditioning Videos" tab for videos of what each exercise should look like!

mountain climbers
hollow hold
reverse hollow hold
wall sits
leg lifts
bridge hold
candlesticks
arm twists
calf raises
push ups

- tricep dips

handstand hold - splits hold (right, left, middle)

Receive a prize for doing your conditioning 5 out of 7 days of the week. Gymnastics class day counts as one of your conditioning days.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parent Initials						

WWESTWIND gymnastics Conditioning Program

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