



CONDITIONING CHART

Tigers Plus 7 – 8

Student's Name: _____

Coach's Name: _____

FLEXIBILITY

RIGHT/LEFT LEG KNEE LUNGE: 15 SECONDS EACH

RIGHT/LEFT/MIDDLE SPLIT: 10 SECONDS EACH

BRIDGE: 10 SECONDS

STRENGTH

HIGH KNEES: 15 SECONDS

LUNGE, KISS LEGS, LUNGE: 3 TIMES

PUSH UPS: 10 TIMES

WEEK 1

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WEEK 2

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WEEK 3

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WEEK 4

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Guardian's Signature: _____