



CONDITIONING CHART

Jaguars

Student's Name: _____

Coach's Name: _____

FLEXIBILITY

RIGHT/LEFT/MIDDLE SPLIT: 15 SECONDS EACH

BRIDGE HOLD: 15 SECONDS

BRIDGE ROCKS: 5X

WEEK 1

WEEK 2

WEEK 3

WEEK 4

STRENGTH

CANDLESTICK JUMPS: 10 TIMES

LUNGE, HANDSTAND, LUNGE: 5 TIMES

PUSH UPS: 20 TIMES

Guardian's Signature: _____