



CONDITIONING CHART

Tigers 4.5

Student's Name: _____

Coach's Name: _____

FLEXIBILITY

TUCK: 5 SECONDS

PIKE: 5 SECONDS

STRADDLE: 5 SECONDS

STRENGTH

JUMPING JACKS: 10 TIMES

JUMP AND FREEZE!: 5 TIMES

SUPER HERO HOLD: 5 SECONDS

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: _____