

# IG CONDITIONING CHALLENGE



## Tigers Plus 9+

### Here's How It Works:

Gymnasts will embark on a journey of mini-workouts designed to be completed in approximately 10 minutes each. There's no need to rush; take your time and enjoy the process! After you've completed each workout, simply mark it off on the tracker below. Once you've accomplished three workouts every week, for a total of four weeks, submit your tracker to the front desk at the end of the month. As a token of your accomplishment, you'll be awarded a special achievement band! But that's not all - you have the opportunity to collect all ten dazzling colors from September to June.

Gymnast's Name: \_\_\_\_\_

### FLEXIBILITY

RIGHT/LEFT/MIDDLE SPLIT: 15 SECONDS EACH

BRIDGE HOLD: 10 SECONDS

BRIDGE ROCKS: 3X

#### WEEK 1

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#### WEEK 2

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#### WEEK 3

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#### WEEK 4

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### STRENGTH

BURPEES: 10 TIMES

LUNGE, HANDSTAND, LUNGE: 3 TIMES

PUSH UPS: 15 TIMES

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Guardian's Signature: \_\_\_\_\_

