

# IG CONDITIONING CHALLENGE



## Tigers Plus 5-6

### 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

PIKE (HANDS TO TOES): 10 SECONDS

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
PIKE (HANDS TO TOES): 10 SECONDS	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
STRADDLE (HANDS TO CENTER): 10 SECONDS	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
TABLE TOP/BRIDGE: 10 SECONDS	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

### STRENGTH

FROG JUMPS: 5 TIMES

LUNGE, LEVER TOUCH, LUNGE: 5 TIMES

HOLLOW HOLD: 5 SECONDS

FROG JUMPS: 5 TIMES	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
LUNGE, LEVER TOUCH, LUNGE: 5 TIMES	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
HOLLOW HOLD: 5 SECONDS	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

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

