

IG CONDITIONING CHALLENGE



Tigers Plus 7-8

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 LEG KNEE LUNGE: 15 SECONDS EACH

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
RIGHT/LEFT LEG KNEE LUNGE: 15 SECONDS EACH	<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"/>
RIGHT/LEFT/MIDDLE SPLIT: 10 SECONDS EACH	<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"/>
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

HIGH KNEES: 15 SECONDS

LUNGE, KISS LEGS, LUNGE: 3 TIMES

PUSH UPS: 10 TIMES

HIGH KNEES: 15 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"/>
LUNGE, KISS LEGS, LUNGE: 3 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"/>
PUSH UPS: 10 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"/>

Guardian's Signature: _____

