



CONDITIONING CHART

Panthers

Student's Name: _____

Coach's Name: _____

FLEXIBILITY

RIGHT/LEFT/MIDDLE SPLIT: 20 SECONDS EACH

BRIDGE HOLD (FEET TOGETHER): 15 SECONDS

BACK BEND (W/ OR W/OUT WALL): 3 TIMES

WEEK 1

WEEK 2

WEEK 3

WEEK 4

STRENGTH

CFROG JUMPS: 20 TIMES

STRADDLE/PIKE PRESS: 3+ SECONDS

HOLLOW ROCKS: 15 TIMES

Guardian's Signature: _____