

BLACK LEVEL CONDITIONING & STRENGTH

- ☆☆☆ Hand walks in "V" position down and back
- ☆☆☆ 5 Chin up (overhand grip)
- ☆☆☆ 5 Chin up (underhand grip)
- ☆☆☆ 10 Press handstands, from panel mat
- ☆☆☆ 30 leg lifts (to bar or knees to chest)
- ☆☆☆ Handstand hand lifts (50)
- ☆☆☆ Handstand without wall (30sec)
- ☆☆☆ 30 pushups
- ☆☆☆ 45 sec hollow, 45 sec arch, 45 sec hollow
- ☆☆☆ 20 candle stick tuck jumps



Fill in a star each time you complete one of the exercises.

Work on your strength and conditioning skills at home as much as you can. If you don't have a bar at home, go to a playground or just work on your other conditioning skills.

Star Tip

Practice your press handstand at home. Remember, holding a good handstand takes continual practice and pressing to a handstand takes even more practice. Make sure to use a wall and try to jump as little as possible.



Remember, the most important skill in gymnastics is the handstand. And you can work on your handstand anywhere there is a wall, just make sure you do it with an adult around!

Important Dates:

Spring Break	3/26-4/1
Spring Circus Camp	2/28 -4/1
CITY CIRCUS SHOW at Theatre Artaud	4/29-5/8
Summer Session Enrollment (no priority)	5/23
Memorial Day No Class	5/30

Last day of Spring Session 6/4

Summer Session	6/13-8/27
Summer Circus Camps	6/13-9/2

STRENGTH & CONDITIONING CARD

