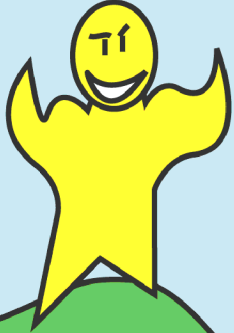


BRONZE LEVEL CONDITIONING & STRENGTH

- ☆☆☆ Hand walks in "V" position down and back
- ☆☆☆ 8 Chin up (overhand grip)
- ☆☆☆ 8 Chin up (underhand grip)
- ☆☆☆ 10 Press handstands, from panel mat
- ☆☆☆ 30 leg lifts (to bar or knees to chest)
- ☆☆☆ Handstand walks across floor
- ☆☆☆ 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

Handstand walking, pirouettes, and presses are all fun ways to modify your handstand and make it even vmore fun to practice at home. Try making a handstand obstacle course where you have to walk around obstacles, turn at different points, or start and end with a press.



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

