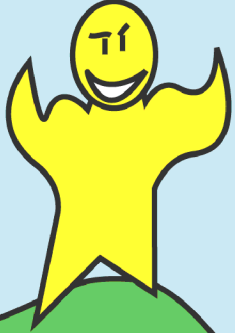


## PURPLE LEVEL CONDITIONING & STRENGTH

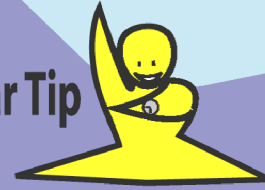
- ☆☆☆ Chin up hold (20 sec)
- ☆☆☆ 10 Chin ups (overhand grip)
- ☆☆☆ 25 leg lifts (V-ups on floor)
- ☆☆☆ Handstand against wall (1 min)
- ☆☆☆ (25) Handstand hand lifts
- ☆☆☆ 20 pushups
- ☆☆☆ 1 min hollow body (arms by ears)
- ☆☆☆ 15 candle stick tuck jumps



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



When you stretch at home make sure that you hold each stretch for at least 30 seconds. Stretching for longer will really increase your flexibility.

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      |
| <br>                                    |           |
| Last day of Spring Session              | 6/4       |
| <br>                                    |           |
| Summer Session                          | 6/13-8/27 |
| Summer Circus Camps                     | 6/13-9/2  |

## STRENGTH & CONDITIONING CARD

