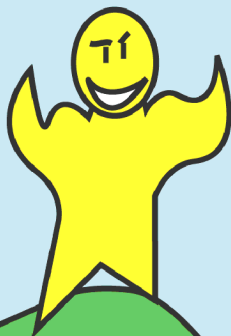


RED LEVEL CONDITIONING & STRENGTH

- ☆☆☆ Hand walks in pike position
- ☆☆☆ 4 Chin ups (overhand grip)
- ☆☆☆ 10 leg lifts (to bar or knees to chest)
- ☆☆☆ Handstand shoulder shrugs (25)
- ☆☆☆ Handstand against wall (45 sec)
- ☆☆☆ 10 pushups
- ☆☆☆ 30 sec hollow body (arms by ears)
- ☆☆☆ 20 candle stick straight 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



Stretching and flexibility is as important as strength for preparing for gymnastics. Work on getting your bridges with straight arms and legs. A limber back and shoulders are key to backbends, back walkovers and handsprings.

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

