

Home Conditioning/Work Out for SKILLS Kids

Warm – Up ~

- Run (In place if need to) : 2 min
- High knees, Butt kickers : 1 min each
- Jumping Jacks: 1 min
- Burpees: 1 min

Stretching ~

- Pikes: Point & Flex – 30sec each
- Straddles: Right, Left, Middle – 30 sec each
- Pre-split Stretches: Lunge & Bow Down – 30sec
- Splits: Right, Left, Middle – 1 minutes each
- Bridges: Feet together, Right & Left leg up – 15 seconds each

Day #1: Signature: _____ Date: _____

*Warm – Up

*Stretching

*Conditioning ~ 2 sets

- Push – Ups : 10
- Lunge Changes: 10 each leg
- V – Sit crunches: 15
- Toe Raisers: 30
- Superwoman Holds: 1 minute
- Handstand Hold: 30 sec

Day #2: Signature: _____ Date: _____

*Warm – Up

*Stretching

*Conditioning ~ 2 sets

- Push – Ups: 10
- Squats: 15
- Hollow Holds: 30Sec
- Releve' Hold: 1 minute
- Superwoman flutter kicks: 1 minute
- Handstand Hold: 30 sec

Day #3: Signature: _____ Date: _____

*Warm – Up

*Stretching

*Conditioning ~ 2 sets

- Push – Ups: 15
- Wall sits: 30 sec
- Plank Hold: 30 sec
- Straight Jumps: 1 minute
- Knee scale lifts: 10 each leg
- Handstand Hold: 30 sec