

Home Conditioning for **TEAM** Kids ~ Tricks/Pre-Team/Bronze

Warm – Up ~

- Run (In place if need to) : 5 min
- High knees, Butt kickers : 1 min each
- Frog Jumps: 30 sec
- Jumping Jacks: 1 min
- Burpees: 1 min

Stretching ~

- Pikes: Point & Flex – 30sec each
- Straddles: Right, Left, Middle – 30 sec each
- Resistant Band Shoulder Stretches – 20 reps
- Pre-split Stretches: Lunge & Bow Down – 1 minutes each
- Splits & Over Splits: Right, Left, Middle – 2 minutes each
- Bridges: Feet together, Right & Left leg up – 30 seconds each

Day #1: Signature: _____ Date: _____

*Warm – Up

*Stretching

*Conditioning ~ **2 Sets**

- Push – Ups : 10
- Lunge Changes: 15 each leg
- V – Ups or Crunches: 15
- Toe Raisers – Right, left, together: 30 each
- Superwoman Holds: 1 minute
- Reverse Push – Ups: 15
- Fire Hydrants: 15 Each leg
- Cherry Pickers: 15 on each on each side

Day #2: Signature: _____ Date: _____

*Warm – Up

*Stretching

*Conditioning ~ **2 Sets**

- Push – Ups: 10
- Squats: 15
- Hollow Holds: 30 sec
- Releve' Hold: 1 minute
- Superwoman flutter kicks: 1 minute
- Handstand Hold: 1 minute
- Knee Scale Lifts: 15 each leg
- Candle Stick Lifts: 15

Day #3: Signature: _____ Date: _____

*Warm – Up

*Stretching

*Conditioning ~ **2 Sets**

- Push – Ups: 10
- Wall sits: 1 minute
- Plank Hold: 1 minute
- Straight Jumps: 1 minute
- Superwoman Rocks: 1 minute
- Chicken Peckers: 10 each shoulder
- Mountain Climbers: 15 each leg
- Windshield wipers: 15