



Conditioning & Flexibility Training Female

MEMBER NO.	FIRST NAME	SURNAME	EGC WORKING GROUP	DATE OF BIRTH
Straight Arm Conditioning Exercises				
			Reps	Resistance
	With mouse or wheel extend to full stretch from angry cat		3 sets of 10	
	Upstart prep feet on P bars		3 sets of 5	
	Trolley pulls straight arms head top	Hole 4	3 sets of 10	
	Shoulder dips on P Bars		3 sets of 10	
Bent Arm Conditioning Exercises				
			Reps	Resistance
	Trolley press up with head down		3 sets of 10	Hole 4
	Dip on bench or block		3 sets of 10	
	Chest press with ball		3 sets of 3	Medium ball
	Chin ups in undergrasp		3 sets of 3	
Upper Leg Conditioning Exercises				
			Reps	Resistance
	Single leg squats		3 sets of 5	
	Duck walk	12 meters	3 sets of 1	
	Leg circles		3 sets of 20	
	Single leg swings Forward back and side both legs		3 sets of 3	
	Resistance running	12 meters	3 sets of 3	
Lower Leg Conditioning Exercises				
			Reps	Resistance
	Heel raises		3 sets of 10	
	Jumping in 1st position		3 sets of 10	
	Rebound between spring boards		3 sets of 20	
	Wobble board		3 sets of 1	30 seconds
Abdominal Conditioning Exercises				
			Reps	Resistance
	V-sits		3 sets of 10	
	Arch to dish over a drum		3 sets of 10	
	Side leg lifts		3 sets of 5	
	Leg lifts with back supported		3 sets of 3	
	Arch to dish on a bar hitting block		3 sets of 5	
Back Conditioning Exercises				
			Reps	Resistance
	Dish to arch over a drum		3 sets of 10	
	Dorsal raises lifting chest		3 sets of 10	
	Arched rocks		3 sets of 20	
	Handstand snap downs from springboard		3 sets of 3	



Easton Gymnastics Club Conditioning & Flexibility Training



Abdominal Back Flexibility Exercises

No

Arms Shoulder Flexibility Exercises

Leg Flexibility Exercises

Additional Exercises	Reps	Resistance
Handstand hold against wall chest facing	3 sets of 3	20 seconds
Straddle half lever hold on handels	3 sets of 3	10 seconds
Shuttle runs	3 sets of 1	

Comments

