

IG CONDITIONING CHALLENGE



Tigers 9+

Here's How It Works:

Gymnasts will embark on a journey of mini-workouts designed to be completed in approximately 10 minutes each. There's no need to rush; take your time and enjoy the process! After you've completed each workout, simply mark it off on the tracker below. Once you've accomplished three workouts every week, for a total of four weeks, submit your tracker to the front desk at the end of the month. As a token of your accomplishment, you'll be awarded a special achievement band! But that's not all - you have the opportunity to collect all ten dazzling colors from September to June.

Gymnast's Name: _____

FLEXIBILITY

RIGHT/LEFT/MIDDLE SPLIT: 15 SECONDS EACH

BRIDGE HOLD: 10 SECONDS

BRIDGE ROCKS: 3X

WEEK 1

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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WEEK 2

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WEEK 3

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WEEK 4

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STRENGTH

BURPEES: 10 TIMES

LUNGE, HANDSTAND, LUNGE: 3 TIMES

PUSH UPS: 15 TIMES

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Guardian's Signature: _____

