

# Old Bawn Gymnastics



## CONDITIONING PROGRAMME



To be completed on days when you DO NOT have training.

### Strength

### Reps

$\frac{1}{2}$ Roll to Stand on One Leg	5 times (on each leg)	2
Press Ups	15	2
Back raises	20	2
Dish Rock & Hold	Rock for 30, Hold for 10	2
Straddle $\frac{1}{2}$ Levers	5 secs (on each leg)	5
Elbow Support	30 secs	2
Leg lifts	as many as you can	
Chins	as many as you can	

### Flexibility (3 reps)

Splits Left	30 secs	3
Splits Right	30 secs	3
Splits Side	30 secs	3
Chest on Knees	30 secs	3
Chest on Floor	30 secs	3
Shoulder Stretch	30 secs	3
Bridge	10 secs	3

### REMEMBER:

Always warm up before beginning conditioning circuit.

This is for YOUR benefit and will improve your ability to perform well in the gym

And also remember.....

