

<b>Name:</b>	
<b>Month/Week:</b>	

**Flexibility:**

S	M	T	W	T	F	S	# of Sets	Time	Description
							3-5 Sets	30 Seconds	Right/Left Split
							3-5 Sets	30 Seconds	Middle Splits
							3-5 Sets	30 Seconds	Pancakes
							3-5 Sets	30 Seconds	Pike Stretch
							3-5 Sets	30 Seconds	Straight Leg Bridges
							3-5 Sets	30 Seconds	Bent Leg Bridges
							3 Sets		Quad Stretch Choice 1
							3 Sets		Quad Stretch Choice 2

**Strength:**

S	M	T	W	T	F	S	# of Sets	# Reps	Description
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**Sit Ups:**

							2-3 Sets	10-15-20-25 Reps	Sit Ups
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**Core (complete all 3 exercises):**

							2-3 Sets	10-15-20-25 Reps	Side Sit Ups
							2-3 Sets	10-15-20-25 Reps	and Reverse Sit Ups
							2-3 Sets	10-15-20-25 Reps	and Arch Rocks

**Arms: Push-ups (Choose one exercise):**

							2-3 Sets	5-10-15-20 Reps	Modified Push Ups
							2-3 Sets	5-10-15-20 Reps	or Full Push Ups
							2-3 Sets	5-10-15-20 Reps	or Modified Dips

**Arms: Pull-ups (Choose one exercise):**

							2 sets	5-8-10-12 Reps	Horizontal Tucked
							2 sets	5-8-10-12 Reps	Horizontal Straight
							2 sets	5-8-10-12 Reps	Vertical Tucked
							2 sets	5-8-10-12 Reps	Vertical Straight

**Squats:**

							1-2 Sets	15-20-25 Reps	Squats (or Squat Jumps)
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**Toe Rise (complete all 3 exercises):**

									1 Set	15 Reps	Forward Foot Position
									1 Set	20 Reps	Inward Foot Position
									1 Set	25 Reps	Outward Foot Position

**Roll/Stand or Roll/Jump**

									2 Sets	5-10-15 Reps	Roll/Stand or Roll/Jump
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**Lunges (Each Direction)**

									1-2 Sets	10 Reps	Forward
									1-2 Sets	12 Reps	Sideward
									1-2 Sets	15 Reps	Backward

**Seated Straddle (Complete both exercises with each leg):**

									2 Sets	5-10 Reps	Seated Straddle L Leg Lift
									2 Sets	5-10 Reps	Seated Straddle L Body Lifts

**Wall Handstand (Complete both exercises)**

									2-3 Sets	15-30-60-90 Seconds	Wall Handstand with Belly In
									2-3 Sets	15-30-60-90 Seconds	Wall Handstand with Belly Out