



## FREESTYLE CONDITIONING SHEET MARCH/APRIL 2020

Please ensure your child has completed a thorough warm up before undertaking these activities, by doing so they will reduce their risk of injury significantly!

We recommend these exercises should be done **THREE** times on a weekly basis. The skills chosen are structured so Adult supervision is not essential. Please remind your child that although sport is fun it can be dangerous and thus things like a warm up and cool down should be taken seriously.

If you have any questions, please do feel free to email us 😊

DATE/SKILL														
CRUNCHIES														
V-SITS														
BURPEES														
PRESS UPS														
MOUNTAIN CLIMBERS														
PLANK HOLD														
DISH HOLD														
ARCH HOLD														
SQUAT JUMPS														
PLYOMETRIC JUMPS														

**5pm class recommendations: Hold for TEN seconds and complete individual skills TEN times**

**6pm class recommendations: Hold for FIFTEEN seconds and complete individual skills FIFTEEN times**

**7pm class recommendations: Hold for TWENTY seconds and complete individual skills TWENTY times**