INDIVIDUAL Conditioning Program for KARRY August 2002

1) REHABILITATION / INJURY PREVENTION 4) UPPER BODY STRENGTH + Wrist strength + Landings + Shoulders / Upper Back strength 2) LOWER BODY STRENGTH + Shoulder Flexion / Extension strength + Ankle / Calf + Triceps strength + Knee / Hamstrings + Biceps strength 3) CORE BODY STRENGTH 5) FLEXIBILITY + Back Flexion / Extension strength + Foot flexibility + Hamstring flexibility + Abdominal strength + Stride Splits (L and / or R) + Abdominal - oblique strength + Hip Flexion / Extension strength + Straddle Splits + Hip flexion flexibility ... OTHER?? + Bridge (trunk extension) + Shoulders / Upper Back flexibility

MEDIUM Intensity Day

- + rope climbs **in series** without touching floor (no legs) **how many?**
- + mini-tramp whip to flic, (or whip)
- + bounding over yellow wedge
- + box snap down flic series to salto
- + drop to flyspring front
- + standing front tucks x 5 "sticks"
- + 5 x straddle jump, punch front
- + back tucks up on to a high mat
- + hanging windscreen wipers
- + 10 x extended push-up
- + inverted abdominal curls holding a dowel or weight (with partner)
- + P bar dips (minimum 10)
- + log weaving (with 3 people)
- + Handstand push-ups on a beatboard
- + fast medicine ball lifts (sitting)
- + handstand rev. pirouette to fwd. pirouette on floor (like giant 1/1)
- + handstand props up on to high mat
- + handstand (slap arm to side series)
- + stretch out when finished

HARD Intensity Day (with weights)

- + **double** rope climb (no legs), chin-ups and hold (x 2)
- + forward roll standing front tuck
- + bounding over **1 beatboard** (safely)
- + snap down back tuck
- + flyspring to high mat (for vault)
- + mountain climbers driving knee
- + standing front tucks (for vault)
- + L-sit leg lifts with weights (wall bars)
- + Cycle set abdominals
- + Wall bar sit-ups
- + wide-arm chin-ups behind neck
- + chin-up circle over lever down series
- + P bars push-ups (below bar)
- + L-sit to press handstand P bars (assist?)
- + V-sit on rings
- + Ring push-ups (fwd. and bwd.)
- + handstand dips against the wall
- + washing machines
- + QE II abs
- + stretch out when finished