CONDITIONING ALPHABET

A- 20 Pushups
B- 60 second super man hold
C- 1 Minute Wall Sit
D- 30 Squats
E- 50 Crunches
F- 60 second handstand hold
G- 40 Calf Raises
H- 30 High Knees
I- 60 Second Plank
J- 20 Squat Jumps
K- 30 High Knees
L- 15 Burpees
M- 10 Lunges (each leg)
N- 10 Pushups
O- 30 mountain climbers
P- 1 minute wall sit
Q- 30 squats
R- 20 v ups
S- 60 second handstand hold
T- 40 calf raises
U- 30 high knees
V- 60 second plank
W- 20 squat jumps
X- 20 high knees
Y- 10 burpees
Z- 10 lunges (each leg)

Athletes, spell out your first and last name and your favorite skill!
INSTRUCTIONS:

1. Flip a coin

2. Complete all 10 rounds of conditioning and the stretching for 60 seconds each.

<table>
<thead>
<tr>
<th>CONDITIONING</th>
<th>HEADS</th>
<th>TAILS</th>
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<tbody>
<tr>
<td>ROUND # 1</td>
<td>FROG JUMPS</td>
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<td>ROUND # 2</td>
<td>TOES RAISES</td>
<td>SUPERMAN HOLD</td>
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<td>ROUND # 3</td>
<td>PLANK</td>
<td>V-UPS</td>
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<td>ROUND # 4</td>
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<td>HANDSTAND</td>
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<td>ROUND # 5</td>
<td>SQUAT JUMPS</td>
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<td>ROUND # 6</td>
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<td>ROUND # 7</td>
<td>JUMPING LUNGES</td>
<td>BURPEES BACK TUCKS</td>
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<td>ROUND # 8</td>
<td>HANDSTAND</td>
<td>PUSH UP</td>
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<td>ROUND # 9</td>
<td>TUCK UPS</td>
<td>HOLLOW HOLD</td>
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<tr>
<td>ROUND # 10</td>
<td>HIGH KNEES</td>
<td>TOES RAISES</td>
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<table>
<thead>
<tr>
<th>STRETCHING</th>
<th>HEADS</th>
<th>TAILS</th>
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<tbody>
<tr>
<td>ROUND # 1</td>
<td>BRIDGE</td>
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<td>ROUND # 2</td>
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<td>Straddle Stretch</td>
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<td>RIGHT LEG SPLIT</td>
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<tr>
<td>ROUND # 4</td>
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<td>RIGHT LEG SPLIT</td>
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<td>B</td>
<td>I</td>
<td>N</td>
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<tr>
<td>60 SECOND HANDSTAND</td>
<td>20 SIT UPS</td>
<td>20 V UPS</td>
</tr>
<tr>
<td>20 PUSH UPS</td>
<td>30 SECOND SUPERMAN HOLD</td>
<td>60 SECOND PIKE STRETCH</td>
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<tr>
<td>60 SECOND STRADDLE SPLIT</td>
<td>20 LUNGES</td>
<td>FREE</td>
</tr>
<tr>
<td>20 TUCK UPS</td>
<td>30 UP DOWNS ON STAIRS</td>
<td>60 SECOND HIGH KNEES</td>
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<tr>
<td>60 SECOND PLANK</td>
<td>60 SECOND BALANCING PIKE HOLD</td>
<td>30 SECOND BRIDGE HOLD</td>
</tr>
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</table>

**60 SECOND HANDSTAND**

**20 SIT UPS**

**20 V UPS**

**60 SECOND RIGHT LEG SPLIT**

**60 SECOND FROG JUMPS**

**20 PUSH UPS**

**30 SECOND SUPERMAN HOLD**

**60 SECOND PIKE STRETCH**

**60 SECOND CALF RAISES**

**60 SECOND LEFT LEG SPLIT**

**60 SECOND STRADDLE SPLIT**

**20 LUNGES**

**FREE**

**30 SECOND HOLLOW HOLD**

**60 SECOND BALANCING TUCK HOLD**

**20 TUCK UPS**

**30 UP DOWNS ON STAIRS**

**60 SECOND HIGH KNEES**

**60 SECOND SHOULDER STRETCH**

**30 BURPEES**

**60 SECOND PLANK HOLD**

**60 SECOND BALANCING PIKE HOLD**

**60 SECOND SQUAT JUMPS**

**60 SECOND WALL SIT**

**30 UP DOWNS ON STAIRS**

**60 SECOND HIGH KNEES**

**60 SECOND STRADDLE SPLIT**

**60 SECOND RIGHT LEG SPLIT**

**60 SECOND LEFT LEG SPLIT**

**30 BURPEES**

**60 SECOND PLANK HOLD**

**60 SECOND BALANCING PIKE HOLD**

**20 PUSH UPS**

**30 SECOND BRIDGE HOLD**

**30 SECOND SUPERMAN HOLD**

**60 SECOND PIKE STRETCH**
**ABC ABS**

**LOWER ABS** - Start in a hollow position. Use your legs to draw out each letter. Try not to touch feet in between each letter.

**UPPER ABS** - If you can hold a hollow position still do! If not rest legs on the floor but curl upper body into a round position. Spell out the ABC’s using your upper body and arms. (Reference video for demonstration).

A  
B  
C  
D  
E  
F  
G  
H  
I  
J  
K  
L  
M  
N  
O  
P  
Q  
R  
S  
T  
U  
V  
W  
X  
Y  
Z
30 seconds

45 seconds

60 seconds

20 seconds

Sing the ABC’s

Count backwards from 30