

## Compulsory Take Home Conditioning Sheet

### TOPs based conditioning

Complete at least one thing in each section each day. But you may wish to complete as much as you want! Fill the date you complete an exercise in the space provided.

**Handstand Hold:**

2x45 sec HS hold w/stomach against wall						
5x5 sec HS hold						
3x6 sec HS hold						
2x8 sec HS hold						

**Rope Climb:**

2x12 push ups elbows back						
2x10 push ups w/fwd arm lift						
2x30 down down, up up						

**Press Handstands:**

2x10 push up position, slide feet up to straddle stand						
2x5 push up position, slide feet to straddle stand jump to HS						
2x5 straddle stand press HS lower down to straddle L						
5x press HS hold for at least 2 sec						
2x6 starting on knees press to straddle stand						
7x kick HS lower down to straddle stand						
5x kick HS lower down to straddle L						

**Leg Lifts:**

2x15 V-ups						
2x10 candlestick lower downs, arms out to the side						
2x15 pull to candlestick, arms out to the side						
2x15 hip flexors in a straddle; left, right, middle						
2x10 hip flexors in a pike						
2x10 V-ups with a lift						

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#### Sprint Test:

2x thru circuit, 30 seconds each						
high knees						
butt kickers						
two foot jumps, push and point						
two foot jumps side to side						
hop on left foot						
hop on right foot						
releve hold						

#### V-ups:

2x10 V-ups with lift						
2x25 hollow rocks middle						
2x20 hollow rocks left						
2x20 hollow rocks right						
2x15 full sit ups with arm reach up						
2x15 tuck ups with lift						

#### Jumps for Stick---hold each stick for 3 seconds:

5 straight jumps						
5 straddle jumps						
5 half turns						
5 full turns						

#### Pull-Ups:

2x15 push ups						
2x8 wide arm push ups						
2x5 HS push ups agaিসnt wall						
2x5 headstand push to HS						
2x8 diamond push ups						

## Compulsory Take Home Flexibility Sheet

### Flexibility:

1 min all 3 splits						
1 min all 3 over splits						
2x thru 30 sec straddle L,R,Middle						
1 min shoulders						
1 min pike						
30 sec bridge feet together legs straight						
30 sec bridge feet up on something						