

# Level 1 & 2 Conditioning & Flexibility Ideas

## CONDITIONING

2 X 25 second belly against the wall handstand hold; "I should not see your ears"

2 x 15 belly against the wall handstands with "I don't know" shoulder shrugs

2 x 15 second bridges; "Be sure your legs are straight and your ankle bones kiss"

2 X 20 sec push-up hold; "I should be able to set my mug of hot cocoa on your back and it would not fall off"

2 X 112 Banana to Ice Cream Scoops; "Don't let crabs crawl under your back" (tuck-ins)

2 X 15 frog jumps; "Jumps so high your legs are straight and toes are pointed"

2 X 8 push-ups; "Lower down like you are board, no seals or mountains"

2 x 25 sec hollow hold; "Put your sunscreen on your thighs. Don't go past your knees or let the crabs under your back."

2 x 15 lunges R & L; "Don't squish the ant crawling on the floor"

2 x 10 V-ups; "Touch your toes with straight legs then lay flat"

2 x 10 candlestick jump; "Candlestick like in your routine with toes toward the ceiling then jump up reaching to the sky"

Make sure you are doing these the very best you can so that they are working for you.

Try singing a song for each of the exercises that you do and see if the song finishes at the same time you do!!

Have fun and keep up the good work. We can't wait to see you back in the gym!!!

