Home Conditioning Programme **National C and Above**

	Week 1				Week 2				Week 3				Week 4			
CONDITIONING - LEGS-plyometrics	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
Squats 10 reps x2																
Zigzag hops 20 reps x2																
Standing tuck jumps 15 x2																
Mountain climbers 20x2																

CONDITIONING - GENERAL	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
Press ups - narrow arm 15 reps x2																
straddle leg lifts x 15 repeat twice on each leg.																
Dorsal back lifts 10x on each leg, 20x both together																
Side plank 45secs x2																
Hold Plank for 45secs x2																
Side leg lifts x 20 each side x2																
Pike leg lifts x15 repeat twice																
Handstrand shoulder shrugs 15 x2																
Resistance Tuck hold for 15 secs x2																

SHAPES	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
Pike fold on floor hold for 10 secs and repeat																
Straddle fold on floor keep flat back																
Left leg split																
Right leg split																
Side splits																
Handstand hold - as long as possible STRAIGHT																
Pike snap (fast) - feet together x 10																
Tuck kick (fast) - feet together x 10																