

Elite Conditioning – as per Kate Lawton

1. Forward roll to feet – stretch up x 2
2. Forward roll to feet – pike up x 2
3. Handstand to forward roll x 2
4. Forward roll to handstand x 2
5. Forward roll pike up to handstand x 2
6. Forward roll straddle up to handstand x 2
7. Backward roll to handstand x 2
8. Backward roll through pike to handstand x 2
9. Forward roll to stand-up (right foot) x 1
10. Forward roll to stand-up (left foot) x 1

11. Tucked v-sits x 10
12. Piked v-sits x 10
13. Right leg v-sits x 10
14. Left leg v-sits x 10
15. Dish for 10 seconds
16. Right-side plank for 10 seconds
17. Plank for 10 seconds
18. Left-side plank for 10 seconds
19. Arch for 10 seconds

20. Upper body lifts x 10 (arms down)
21. Both leg lifts x 10
22. Arms & Leg lifts x 10 (arms outstretched)
23. Rocks x 10 (arms outstretched)

24. Half sit-ups middle x 20
25. Half sit-ups right x 20
26. Half sit-ups left x 20

27. Back support hold x 10 seconds
28. Right support hold x 10 seconds
29. Front support hold x 10 seconds
30. Left support hold x 10 seconds

31. Wide arm press-ups x 10
32. Right support hip dips x 10
33. Narrow arm press-ups x 10
34. Left support hip dips x 10

35. Squats x 10
36. Squat bounces x 20
37. Squat echappes x 10
38. Right leg lunges x 10
39. Left leg lunges x 10
40. Right leg bounces x 10
41. Left leg bounces x 10

42. Pike folds x 10
43. Pike hold x 10 seconds
44. Standing pike fold x 10 seconds (hands touching the floor)
45. Straddle folds x 10
46. Straddle hold x 10 seconds
47. Right leg splits x 10 seconds (balanced)
48. Left leg splits x 10 seconds (balanced)
49. Frog x 10 seconds
50. Box splits x 10 seconds (how low can you go?)