**Home Conditioning Programme** **Regional D and below**

| | 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 8 reps x2 | | | | | | | | | | | | | | | | |
| Zigzag hops 15 reps x2 | | | | | | | | | | | | | | | | |
| Standing tuck jumps 10 x2 | | | | | | | | | | | | | | | | |
| Mountain climbers 15x2 | | | | | | | | | | | | | | | | |

| **CONDITIONING - GENERAL** | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Press ups - narrow arm 10 reps x2 | | | | | | | | | | | | | | | | |
| straddle leg lifts x 10 repeat twice on each leg. | | | | | | | | | | | | | | | | |
| Dorsal back lifts 5x on each leg, 10x both together | | | | | | | | | | | | | | | | |
| Side plank 30secs x2 | | | | | | | | | | | | | | | | |
| Hold Plank for 30secs x2 | | | | | | | | | | | | | | | | |
| Side leg lifts x 15 each side x2 | | | | | | | | | | | | | | | | |
| Pike leg lifts x10 repeat twice | | | | | | | | | | | | | | | | |
| Handstrand shoulder shrugs 10 x2 | | | | | | | | | | | | | | | | |
| Resistance Tuck hold for 10 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 | | | | | | | | | | | | | | | | |