

ABC CONDITIONING

Part 1: We challenge every gymnast to spell their first, middle, and last name and do all conditioning with each letter.

Part 2: Parents, every time your child complains about being bored, give them a letter to spell “Be Quiet” “Patience” “Peaceful” are all suggestions

A	50 Hollow Body Rocks
B	30 Frog Jumps
C	100 Jumping Jacks
D	25 Squats
E	Bent leg hollow hold for 1 minute
F	60 second handstand hold against wall
G	50 Arch Rocks
H	25 Split Jumps
I	50 Push ups
J	60 second Tabletop Hold
K	25 Chair dips
L	25 Tuck Jumps
M	30 Sliding sit-ups
N	15 single leg squats, each leg
O	25 Sit-ups to stand, no moving feet
P	35 Wide arm push-ups
Q	3-minute handstand hold
R	2-minute wall sit
S	25 Elbow, Elbow hand, hand
T	50 Frog Jumps
U	75 Alternating V-ups
V	60 second hollow body hold
W	100 High Knee runs
X	50 Burpees
Y	35 Candlestick Raises
Z	100 Toe raises