

COMPETITION CONDITIONING AND STRETCHES

PLEASE BEGIN WITH WARM UP AND STRETCH (ALL CLASSES) WORKSHEET

- Splits (Holding for 1 minute each)
 - Left
 - Right
 - Center
- Wall Splits (Holding for 1 minute each)
 - Front
 - Back
- Laying on back with legs up against wall
 - Leg Holds (Hold for 30 seconds each, use wall for balance)
 - Right leg - front, side, and back
 - Left leg - front, side, and back
- Split walks across floor
- 50 crunches
- 15 leg raises laying on back
- Laying on your side, kick right leg 10 times, catching on the tenth and stretching the leg. Do another 10 kicks to the side, catching on the tenth and stretching the leg again. Repeat this on Left side
- On all fours, kick right leg straight back 10 times
 - Repeat Left
- On all fours, raise right leg only to 90 degrees 10 times
 - Repeat Left
- 15 push ups
- 15 backwards push ups

