CONDITIONING CHART

Tigers 10+

Student's Name: _____ Coach's Name: _____

FLEXIBILITY	WEEK 1	WEEK 2	WEEK 3	WEEK 4
RIGHT LEG SPLIT: 15 SECONDS	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
LEFT LEG SPLIT: 15 SECONDS	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
MIDDLE SPLIT: 15 SECONDS	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
BRIDGE: 5 SECONDS X 2	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
STRENGTH				
CANDLESTICK STRAIGHT JUMP X 10	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
PLANK HOLD: 20 SECONDS	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
PUSH UPS: 5 X 2 SETS	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
SIT UPS: 6 X 2 SETS	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐

Guardian's Signature: _____