

INDIVIDUAL Conditioning Program for KARRY August 2002

<p>1) REHABILITATION / INJURY PREVENTION + Landings</p> <p>2) LOWER BODY STRENGTH + Ankle / Calf + Knee / Hamstrings</p> <p>3) CORE BODY STRENGTH + Back Flexion / Extension strength + Abdominal strength + Abdominal — oblique strength + Hip Flexion / Extension strength</p> <p>... OTHER??</p>	<p>4) UPPER BODY STRENGTH + Wrist strength + Shoulders / Upper Back strength + Shoulder Flexion / Extension strength + Triceps strength + Biceps strength</p> <p>5) FLEXIBILITY + Foot flexibility + Hamstring flexibility + Stride Splits (L and / or R) + Straddle Splits + Hip flexion flexibility + Bridge (trunk extension) + Shoulders / Upper Back flexibility</p>
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MEDIUM Intensity Day

- + rope climbs **in series** without touching floor (no legs) — **how many?**
- + mini-tramp whip to flic, (or whip)
- + bounding over **yellow wedge**
- + **box snap down flic series to salto**
- + **drop to flyspring front**
- + standing front tucks x 5 “sticks”
- + **5 x straddle jump, punch front**
- + **back tucks up on to a high mat**
- + hanging windscreen wipers
- + 10 x extended push-up
- + inverted abdominal curls holding a dowel or weight (with partner)
- + P bar dips (**minimum 10**)
- + log weaving (with 3 people)
- + Handstand push-ups on a beatboard
- + **fast medicine ball lifts (sitting)**
- + handstand rev. pirouette to fwd. pirouette on floor (like giant 1/1)
- + **handstand props up on to high mat**
- + **handstand (slap arm to side series)**
- + stretch out when finished

HARD Intensity Day (with weights)

- + **double** rope climb (no legs), chin-ups and hold (x 2)
- + **forward roll standing front tuck**
- + bounding over **1 beatboard** (safely)
- + **snap down back tuck**
- + **flyspring to high mat (for vault)**
- + mountain climbers **driving knee**
- + **standing front tucks (for vault)**
- + L-sit leg lifts with weights (wall bars)
- + Cycle set abdominals
- + Wall bar sit-ups
- + wide-arm chin-ups **behind neck**
- + chin-up circle over lever down series
- + **P bars push-ups (below bar)**
- + L-sit to press handstand P bars (assist?)
- + **V-sit on rings**
- + Ring push-ups (fwd. and bwd.)
- + handstand dips against the wall
- + washing machines
- + QE II abs
- + stretch out when finished

