

## Conditioning Program for PARTNERS — CSG 2002 / 05

<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

- + STICK 6 Landings from backward layout somersault (catch if needed)**
- + single leg sprint races (x 2 on each leg)
- + piggy-back jogging x 2**
- + standing long jump contest x 2
- + hang in L-sit, partner tries to pull feet apart**
- + partner leg throws x 15
- + lying on stomach (partner holds feet) arch-up with dowel, twist x 8, then HOLD
- + lying on stomach – stretch feet x 1
- + handstand push-ups (head touch foam cube) x 2**
- + pike stand to press handstand x 6**
- + L-sit dips x 10 (spotter holding feet) x 2
- + hanging switch splits x 10 (assist)
- + stretch partner over a vault horse x 30 sec
- + ( ... invent your own partner challenges)

### HARD Intensity

- + STICK 6 Landings front tuck from a HIGH height**
- + jump down to punch flyspring (or 1 arm flyspring)**
- + jumping up to a HIGH height contest**
- + Gorilla hops x 2 lines**
- + Partner hamstring curls x 10
- + Banana HOLD while partner tries to “break” you (stomach and back) x 2
- + partner inverted sit-ups x 15
- + sit on a height (spot feet), lay back and twist x 15
- + 1 minute handstand, light assistance
- + straddle-L press handstand x 10 (assist)
- + wide-arm chin-ups x 10 (assist)**
- + V-sit or Russian sit x 30 sec (assist)**
- + wheel barrow x 2**
- + ( ... invent your own partner challenges)

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