

Vacation Conditioning (7 days)

Day 1 Day 2 Day 3 Day 4 Day 5 Day 6

- Run, bike, swim, hike ect. For an hour
- Sprint races with a friend!
- 50 frog jumps
- 100 duck walk steps
- Chin ups if possible 15 overs, unders
- L Leg lifts if possible 12 - 15 L and long
- obique holds on each side
- 1 minute of v-ups without stopping
- 3 x 30 second hollow holds
- 3 x 30 second super girl
- 1 minute of push ups without stopping
- 3 x 20 side v-ups on each side
- plank somewhere for 1 minute x 3
- Flex
- splits left x 3 minutes
- splits right x 3 minutes
- straddle splits x 3 minute
- bridges 3 x 15 seconds each
- bridge walks
- pike stretch 3 x 30
- Achilles stretch in split and foot on foot

Name: _____

Day 7
