PRDG Home Conditioning Challenge

Name_

This is the PRDG conditioning challenge:

Condition at 2-3 times a week for at least 15 minutes.

Date and check off accomplished tasks.

Each student is on the "Honor System". We will check on

your progress. Conditioning will strengthen your core and help improve your dance & gymnastics skills.

	week 1	week 1	week 1	week 2	week 2	week 2	week 3	week 3	week 3	week 4	week 4	week 4
	date											
Goal												
Crunches 100 can be done in sets of 50												
Planks 30 sec												
Planks 30 sec side												
Planks 30 sec side												
Toe touch stretch 2 sets of 10												
Push ups 2 sets of 10												
Frog Jumps 2 sets of 10												
Open stretches 2- 3 minutes												
Your choice												