2 Week Conditioning Chart

Exercise	**X's**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**	**14**
Pike Stretch	10 secs														
Pancake Stretch	10 secs														
Bridge	10 secs														
Splits	10 secs R&L														
Middle Splits	10 secs														
Squat Jumps	25 x's														
Dips	15 x's														
Push Ups	20 x's														
V – Ups	25 x's														
Arch Ups	40 x's														