



## Grade Home Conditioning Sets

Each Set should be completed once per week. During holiday times, this could be extended to twice per week.

<u>Set 1</u>	<u>Grade 6+5</u>	<u>Grade 4+3</u>	<u>Grade 2+</u>	<u>National Grades</u>
Star Jumps	25	30	35	2x20reps
Ski Jumps	15	25	25	30
Piked V-Sits	25	30	30	2x20reps -1 set in straddle
Forward Dish Rocks	25	25	30	2x20reps
Backward Dish Rocks	25	25	30	2x20reps
Seated Pike Lifts	10	15	15	20
Seated Press Ups	10	15	20	25

<u>Set 2</u>	<u>Grade 6+5</u>	<u>Grade 4+3</u>	<u>Grade 2+</u>	<u>National Grades</u>
Burpees	25	25	30	2x20reps
Compression Stretches	15	20	20	2x15reps
Bottom Raises	15	20	25	30
Tricep dips	15	25	25 with elevated hands	30 with elevated hands
'Swim Throughs'	15	20	25	25
Tuck Ups	15	25	30	2x20reps
TicTocs	10	15	20	25



<b><u>Set 3</u></b>	<b><u>Grade 6+5</u></b>	<b><u>Grade 4+3</u></b>	<b><u>Grade 2+</u></b>	<b><u>National Grades</u></b>
Mountain Climbs	30	30	30	2x20reps
'Walking' Press Ups	10	15	20	25
Shoulder Holds	2 x10secs	2x15secs	2x20 secs	2x25secs
Sliders to seated press	15	25	30	2x20reps
Bridge Rocks	20	30	30	30
Window Wipers	10	15	20	20
Worm Walks	5	10	15	20
Releve jumps with arm rises	20	30	30	40