

VACATION CONDITIONING LIST

Pick 3 from each section every day.

ARMS/SHOULDERS:

2x45sec	Handstand hold against wall (1 belly, 1 back)
2x20	Pushups - elbows back
2x20	Pushups - elbows out
2x30	Dips on bathtub
5	Press Handstands (or 10 against wall)
2x1min	Plank Hold

STOMACH:

100	Vups (GREAT FORM, stop whenever)
30	Side Vups - each side
30	Windshield Wipers (against wall)
2x20	Hip Ups against wall
2x30	Hollow Body Rocks
2x1min	Hollow Body Hold

LEGS:

2min	Exploding Lunges (legs straight in jump)
2x1min	Wall Sit
50	Hip Raises (feet flexed, heels on second stair, legs 90°, up lift hold)
40, 40, 40, 20, 20	Heel Raises on stairs
100	Inner Thigh Lifts (foot flexed)

GLUTES (BOTTOM):

-	Spell the Alphabet
50	Clams (each side)
50	Fire Hydrants (each side)

BACK:

2x20	Arch Ups
2x20	Arch Rocks
2x45sec	Super Woman Hold

ENDURANCE:

2min	Run in place
-	Take advantage of your location: walk a mile, swim some laps, ride your bike!

STRETCH EVERYTHING!!!!

Splits for at least a minute, wrists, shoulders, bridges, butterfly, straddle

