

# Keep Our Athletes Strong



While at your events on down time... especially at VAULT, BARS, & PIT BAR where there is limited equipment...

- Do the conditioning list at the event
  - Or ADD the following core building exercise
1. Hollow Body Rocks (30 rocks)
  2. Superman holds (in prone position) not over-arching the back (30 second hold)
  3. Plank Holds maintaining good shape for 30 seconds each
  4. Skier sit against the wall for 30 seconds (important to maintain excellent posture... no saggy back)
  5. Releve with hollow body and no wobbles (30 times)
  6. On All fours leg lift in back...lift one leg at a time to horizontal position in the back keeping back straight
  7. Opposite leg and arm lift while in face down prone position (20 times with minimal arch) 3 inches off floor and hold the position 5 seconds each.
  8. JUMP and land with EXCELLENT alignment from shoulders-hips- knees- ankles (15-20 stretch jumps)
  9. Crunches with BACK FLAT on the floor, minimal upper body lift, knees bent as in picture above

It is VERY IMPORTANT to work the postural muscles (the very small muscles that maintain your posture) so even though these exercises are simple for our athletes, they work the girls muscles to keep their bodies aligned.