

## **Workout:**

**Base burner - start at 5, go up by 1 each day**

**Flyer burner - start at 5, go up by 1 each day**

**Full burner - start at 5, go up by 1 each day**

**Stretching: 5-10 minutes**

**Jumps, 15-20 reps 2-3 times:**

- **Hook**
- **Pike**
- **Tuck**
- **Side Hurdler (left and right)**
- **Front**
- **Toe touch**

**Core training 2-3 times:**

- **V-Ups - 15 reps**
- **Plank - hold 45 sec. (as season goes on increase time)**
- **Tuck-Ups - 20 reps**
- **Scissor Kicks - 20 reps**
- **Hollow Hold - 30 Sec. (as season goes on increase time)**

**Practicing Fundamentals:**

- **Lunges - 40**
- **Cartwheels - 15**
- **Handstands - 15**

**Log each work out on the back of this sheet:**

**Example:**

**Date: XX/XX/XXXX Start Time: XX/XX #of burners per set: XXX End Time:XX/XX**