

Try and do something everyday. You should do group "A" one day then group "B" the next. Keep alternating!

Vacation Conditioning

Level 4 & 5

A	B
<p>20 Mountain climbers 20 Heal Raises 20 Push ups 20 Tricep dips (use a couch - chairs tend to tip!) 20 Hollow rocks 8 Handstands for 10 seconds (use a wall if you have to)</p> <p>Repeat!</p>	<p>20 Plie jumps 20 Toe raises 15 Mountain push ups 20 Arch rocks Side plank for 45 seconds 20 V-ups 8 Handstands for 10 seconds (use a wall if you have to)</p> <p>Repeat!</p>

Vacation Conditioning

Level 6-10

A	B
<p>30x2 Mountain climbers 25x2 Heal Raises 25x2 Push ups 25x2 Tricep dips (use a couch - chairs tend to tip!) 20x3 Hollow rocks 8 Handstands for 10 seconds (use a wall if you have to) 10 Ft/ Sd/ bk kicks</p> <p>Repeat!</p>	<p>25x2 Plie jumps 25x2 Toe raises 15x2 Mountain push ups 20x3 Arch rocks Side plank for 45 seconds x2 25x2 V-ups 8 Handstands for 10 seconds (use a wall if you have to) 10 Ft/ Sd/ bk kicks</p> <p>Repeat!</p>

Any running, jump rope, bike riding, swimming laps, **CARDIO**, is great for every level!