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| 7-Day Training Program Plan – Gymnastics Conditioning (Flexibility) | | | | | | | |
| Key Stretches Day | | | | | | | |
|  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Splits-left, right, center | 2 minutes each side | 3 minutes each side | 2 minutes each side | 3 minutes each side | 2 minutes each side | 3 minutes each side | 2 minutes each side |
| Bridge | 60 seconds, 3 sets | 60 seconds, 2 sets | 60 seconds, 3 sets | 60 seconds, 2 sets | 60 seconds, 3 sets | 60 seconds, 2 sets | 60 seconds, 3 sets |
| Toe Touch | 30 seconds, 2 sets | 30 seconds, 3 sets | 30 seconds, 2 sets | 30 seconds, 3 sets | 30 seconds, 2 sets | 30 seconds, 3 sets | 30 seconds, 2 sets |