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| --- | --- | --- | --- | --- | --- | --- | --- |
| 7-Day Training Program Plan – Gymnastics Conditioning | | | | | | | |
| Exercise Day | | | | | | | |
|  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Push-Ups | 10 Reps, 2 sets | 10 Reps, 2 sets | 10 Reps, 2 sets | 10 Reps, 2 sets | 10 Reps, 2 sets | 10 Reps, 2 sets | 10 Reps, 2 sets |
| V-Ups | ------------- | 20 Reps, 3 sets | 20 Reps, 2 sets | 20 Reps, 3 sets | 20 Reps, 2 sets | 20 Reps, 3 sets | 20 Reps, 2 sets |
| Lunges | 10 Reps, 2 sets | ------------- | 10 Reps, 2 sets | 10 Reps, 2 sets | 10 Reps, 2 sets | 10 Reps, 2 sets | 10 Reps, 2 sets |
| Squats | 10 Reps, 2 sets | 10 Reps, 3 sets | ------------- | 10 Reps, 2 sets | 10 Reps, 3 sets | 10 Reps, 2 sets | 10 Reps, 3 sets |
| Crunches | Reps, 3 sets | Reps, 2 sets | Reps, 3 sets | ------------- | Reps, 2 sets | Reps, 3 sets | Reps, 2 sets |
| Chin-Ups | 5 Reps, 3 sets | 5 Reps, 3 sets | 5 Reps, 3 sets | 5 Reps, 3 sets | ------------- | 5 Reps, 3 sets | 5 Reps, 3 sets |
| Hanging Leg Raise | 10 Reps, 2 sets | 10 Reps, 2 sets | 10 Reps, 2 sets | 10 Reps, 2 sets | 10 Reps, 2 sets | ------------- | 10 Reps, 2 sets |
| Seated Pike/  Straddle Leg Lifts | Hold for 30 sec, 3 sets | Hold for 30 sec, 3 sets | Hold for 30 sec, 3 sets | Hold for 30 sec, 3 sets | Hold for 30 sec, 3 sets | Hold for 30 sec, 3 sets | ------------- |