

# NAME GAME CONDITIONING

**Students spell their first and last name  
and do the conditioning with each letter**

<b>A</b>	<b>25 V-Ups</b>	<b>N</b>	<b>100 Eleves</b>
<b>B</b>	<b>25 Sumo Squats</b>	<b>O</b>	<b>25 Crunches</b>
<b>C</b>	<b>30 Glute Bridges</b>	<b>P</b>	<b>10 Inch Worm Push-Up</b>
<b>D</b>	<b>50 Shoulder Touches</b>	<b>Q</b>	<b>20 Alternating Lunges</b>
<b>E</b>	<b>10 Burpees</b>	<b>R</b>	<b>10 Tricep Dips</b>
<b>F</b>	<b>25 Plank - elbow, elbow, hand, hand</b>	<b>S</b>	<b>50 High Knees</b>
<b>G</b>	<b>15 Push-Ups</b>	<b>T</b>	<b>10 Jump Squats</b>
<b>H</b>	<b>10 Straddle Jumps</b>	<b>U</b>	<b>50 Flutter Kicks</b>
<b>I</b>	<b>50 Mountain Climbers</b>	<b>V</b>	<b>10 Triangle Push-Ups</b>
<b>J</b>	<b>10 Tuck Jump</b>	<b>W</b>	<b>20 Needle Kicks</b>
<b>K</b>	<b>50 Arm Circles - front and back</b>	<b>X</b>	<b>25 Oblique Crunches each side</b>
<b>L</b>	<b>75 Jumping Jacks</b>	<b>Y</b>	<b>20 Windshield Wipers</b>
<b>M</b>	<b>20 Straddle Ups</b>	<b>Z</b>	<b>30 Reverse Crunch</b>

# ABC CONDITIONING

Ask the students to execute each conditioning skill for 30 seconds to 1 minute, allowing a 10-15 second break between them.

<b>A</b>	<b>ABS</b>
<b>B</b>	<b>BURPEES</b>
<b>C</b>	<b>CRUCHES</b>
<b>D</b>	<b>DOWNWARD DOG</b>
<b>E</b>	<b>ELBOW TAPS</b>
<b>F</b>	<b>FLUTTER KICKS</b>
<b>G</b>	<b>GLUTE BRIDGE</b>
<b>H</b>	<b>HIGH KNEES</b>
<b>I</b>	<b>INCH WORM</b>
<b>J</b>	<b>JUMPING JACKS</b>
<b>K</b>	<b>KICK BACKS</b>
<b>L</b>	<b>LUNGES</b>
<b>M</b>	<b>MOUNTAIN CLIMBERS</b>

<b>N</b>	<b>NEEDLE KICKS</b>
<b>O</b>	<b>OBLIQUE CRUNCHES</b>
<b>P</b>	<b>PLANK</b>
<b>Q</b>	<b>QUAD STRETCH</b>
<b>R</b>	<b>RELEVE</b>
<b>S</b>	<b>SUMO SQUATS</b>
<b>T</b>	<b>TRICEP DIPS</b>
<b>U</b>	<b>UPSIDE DOWN WALKS</b>
<b>V</b>	<b>V-UPS</b>
<b>W</b>	<b>WINDSHIELD WIPERS</b>
<b>X</b>	<b>X JUMPS</b>
<b>Y</b>	<b>Y LIFTS</b>
<b>Z</b>	<b>ZIGZAG HOPS</b>