



TUCK CONDITIONING

For a tuck, you need to be able to stretch your body completely in the air before pulling your shins over your head. In order to do this, an athlete needs to have a strong core and lower body. These conditioning exercises will over a period of time (different for each athlete) develop the strength necessary to perform a tuck that rotates around the shoulders in a candlestick position.

1. Crunches of any type – 50.
2. Side V-ups – 25 each leg.
3. Superman lifts – 50.
4. Bent leg hamstring lifts – 30.
5. 1 leg hamstring lifts – 30 each side.
6. Candlestick Tuck Jumps – 25.
7. Candlestick Levers – 10.
8. Calf raises – 30 each direction.
9. Squat jumps – 50.
10. Prone holds – 2/60 seconds.
11. Side planks – 2/30 seconds.
12. Hollow holds – 6/10 seconds.
13. All cardio particularly rope jumping 200 (2 foot).

Additional exercises on ball.

1. Pike ups or Tuck ups.
2. Crunches on ball.
3. Hamstring pulls on ball.

Do these exercises three to four times a week.