

	<b># Training Days</b>	<b># Hours/Training</b>	<b>Training Schedule</b>
<b>Levels 2-3 Xcel Team</b>	Minimum 3 Training Days per Week	1 hr 30mins Per Training Day	10 mins: Warmup 10 mins: Leg Cond 10 mins: Arm Cond 10 mins: Core Cond 10 mins: VT Basics 10 mins: UB Shapes 10 mins: BB Basics 10 mins: FX Basics 10 mins: Flexibility
<b>Levels 4-10 Boys Team</b>	Minimum 5 Training Days per Week	2 hrs Per Training Day	15 mins: Warmup 15 mins: Leg Cond 15 mins: Arm Cond 15 mins: Core Cond 10 mins: VT Basics 10 mins: UB Shapes 10 mins: BB Basics 10 mins: FX Basics 20 mins: Flexibility
<b>T&amp;T Team</b>	Minimum 2 Training Days per Week	1 Hour Per Training Day	15 mins: Warmup 15 mins: Leg/Core Cond 15 mins: Basics Skills 15 mins: Flexibility

**[www.dudziaksgymnastics.com/team-workouts](http://www.dudziaksgymnastics.com/team-workouts)**