

	# Training Days	# Hours/Training	Training Schedule
Levels 2-3 Xcel Team	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
Levels 4-10 Boys Team	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
T&T Team	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