

GymnasticsHQ's Strength Training Progress Chart

Track your strength training progress over 8 weeks. See how many of each of the following exercises you can do in 60 seconds. Write the number you do in the column under the corresponding week. Remember- only exercises done with good form count!

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Push-Ups										
V-Ups										
Burpees										
Handstand Hold <small>(write down the amount of seconds you can hold it—you can do this against the wall)</small>										
Pull-Ups										
Jump Rope										

GymnasticsHQ's Track Your Basics

Handstand

Track how many seconds you can hold with a tight-body position.

Split Leap & Jump on Floor

Track how many degrees your legs are separated. Minimum required separation angles:

- Level 1- 30°
- Level 2/Bronze - 60°
- Level 3/Silver- 90°
- Level 4/Gold – 120°
- Level 5/Platinum- 150°
- Level 6- 180°

Split Leap & Jump on Beam

Track how many degrees your legs are separated. Minimum required separation angles:

- Level 3/Silver - 90°
- Level 4/Platinum- 120°
- Level 5/Diamond- 150°
- Level 6- 180°

be in a straight tight-body position. Minimum required angles:

- Level 4/Gold- Horizontal
- Level 5/Platinum- Above Horizontal
- Level 7/Diamond- Minimum of 45° from Vertical
- Level 8- Vertical

Cast

Track the angle the lowest part of your body makes with the bar. You want to

Skill	Month 1	Month 2	Month 3	Month 4	Month 5	Month 6	Month 7	Month 8	Month 9	Month 10	Month 11	Month 12
Handstand (seconds)												
Split Leap on Floor (degrees)												
Split Jump on Floor (degrees)												
Split Leap on Beam (degrees)												
Split Jump on Beam (degrees)												
Cast Handstand (angle)												