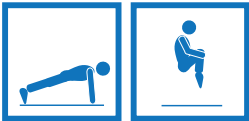











TEKNE GYMNASTICS

BADGE 4

Type	Exercise	Description	No of repetitions completed per week (write in boxes -aim for 10 or as specified)											Gym Test	Guardian Initials
STAMINA		Burpees to Straight and Tuck jumps x10 each	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>
ARM STRENGTH		Wheelbarrow 10 paces forward, 10 paces back	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>
LEG STRENGTH		Squats with bottom low x10	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>
CORE STRENGTH		V-Sits x5	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>
WEIGHT ON HANDS		Spiderman Handstand 20 secs hold close to wall	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>
3D TRAINING I		Hold leg out in front to the side and to the back 10 sec each hold on each leg	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>
3D TRAINING II		With feet on step hold bottom off the ground for 3 secs	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>
LUMBER FOLD / JAPANA STRETCHES		Lumbar Fold and Japana more than 45 degrees 30 secs hold	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>
SPLIT STRETCHES		Splits 60 secs each leg and box	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>
SHOULDER FLEXIBILITY		Bridge with one leg up 10 sec hold each leg	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>