














# TEKNE GYMNASTICS

## BADGE 6

Type	Exercise	Description	No of repetitions completed per week (write in boxes -aim for 10 or as specified)											Gym Test	Guardian Initials
STAMINA	 	Tuck Jumps x10	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>
ARM STRENGTH	 	Dips on step x5 and Press Ups on step x5	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>
LEG STRENGTH		Lunges x10 each leg	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>
CORE STRENGTH	 	Arch Shape and Dish Shape 10 secs hold each	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>
WEIGHT ON HANDS		Spiderman Handstand 15 secs hold at 60 degrees	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>
3D TRAINING I		Arabesque 15 secs hold each leg using wall for balance	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>
3D TRAINING II	 	x5 rock backward and forward in straddle shape, lifting bottom	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 lower than 45 degrees 10 secs hold	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>
SPLIT STRETCHES		Box Splits 20 secs	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>
SHOULDER FLEXIBILITY		Bridge 10 sec hold	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>