














TEKNE GYMNASTICS

STRIPE 7

Type	Exercise	Description	Week 1			Week 2			Week 3			Gym Test Coach Initials	Guardian Initials
			No: of repetitions completed in given time / time position held for (write in boxes)										
STAMINA	 	Frog Jumps to touch spot on wall for 30 seconds	1	2	3	1	2	3	1	2	3		
ARM STRENGTH		Walking on hands and feet in front support shape for 30 seconds	1	2	3	1	2	3	1	2	3		
LEG STRENGTH		Squat walking with hands on head for 30 seconds	1	2	3	1	2	3	1	2	3		
CORE STRENGTH		Arch shape - hold for as long as possible	1	2	3	1	2	3	1	2	3		
WEIGHT ON HANDS		Spiderman handstand hold for 30 seconds.	1	2	3	1	2	3	1	2	3		
3D TRAINING I		Arabesque 15 secs hold on each leg using wall for balance if needed	1	2	3	1	2	3	1	2	3		
3D TRAINING II	 	Jump down from step showing good landing shape for 30 seconds	1	2	3	1	2	3	1	2	3		
LUMBER FOLD/ JAPANA STRETCHES	 	Lumbar Fold and Japana aiming for lower than 90 degrees hold for 30 seconds	1	2	3	1	2	3	1	2	3		
SPLIT STRETCHES		Best Leg Splits for 30 secs	1	2	3	1	2	3	1	2	3		
SHOULDER FLEXIBILITY		Seated shoulder stretch for 30 secs	1	2	3	1	2	3	1	2	3		