

















TEKNE GYMNASTICS

BADGE 3

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, Tuck and Star jumps x10 each	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>
ARM STRENGTH		5 Press Ups with feet on step	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>
LEG STRENGTH		Squats with 3 hold at bottom x5	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>
CORE STRENGTH	 	V-Sits rolling to arch in between each V x5	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>
WEIGHT ON HANDS		Spiderman Handstand x5 shoulder shrugs	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>
3D TRAINING I	 	Caterpillar Walking backwards x2 Press Ups	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>
3D TRAINING II	 	5 Rock back and forwards in straddle lift bottom and feet off the ground	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 45 secs hold	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>
SPLIT STRETCHES	 	Splits 90 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 Rocks x5	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>