
















TEKNE GYMNASTICS

STRIPE 8

Type	Exercise	Description	Week 1			Week 2			Week 3			Gym Test Coach Initials	Guardian Initials
			1	2	3	1	2	3	1	2	3		
STAMINA	 	Jumping on and off spot for 30 seconds	1	2	3	1	2	3	1	2	3		
ARM STRENGTH	 	Hands and feet flat on the floor, walk hands out to front support and back in, stand up - for 30 seconds	1	2	3	1	2	3	1	2	3		
LEG STRENGTH	 	Heel raisers for 30 secs	1	2	3	1	2	3	1	2	3		
CORE STRENGTH		Dish Shape - hold for as long as possible and record time	1	2	3	1	2	3	1	2	3		
WEIGHT ON HANDS		Spiderman handstand - hold at 45 degrees for as long as possible. Record time	1	2	3	1	2	3	1	2	3		
3D TRAINING I		Front Support - hold for as long as possible. Record time	1	2	3	1	2	3	1	2	3		
3D TRAINING II	 	Squat thrusts: From front support, jump both feet into hands, then back out to front support, for 30 secs. Record number achieved.	1	2	3	1	2	3	1	2	3		
LUMBER FOLD/ JAPANA STRETCHES	 	Lumbar Fold and Japana aiming lower than 45 degrees, hold for 30 secs	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		

No: of repetitions completed in given time / time position held for (write in boxes)