











TEKNE GYMNASTICS

BADGE 2

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 on a soft mat x30	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>
ARM STRENGTH		Press Ups with feet on step x10	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 x10	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>
CORE STRENGTH		Leg lifts on sloped bench x10	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>
WEIGHT ON HANDS		Spiderman Handstand x10 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 with straight legs jump to Straddle Handstand	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>
3D TRAINING II		Half Lever or Straddle Lever 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		Japana with foot or feet on step 20 sec hold	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>
SPLIT STRETCHES		Over Splits 30 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 to stand if possible x10	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>