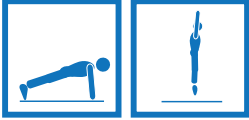


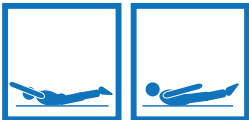








TEKNE GYMNASTICS

BADGE 5

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 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 x10 and Press Ups on step x10	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 Lifts and Dish Lifts x10 of each	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>
WEIGHT ON HANDS		Spiderman Handstand 20 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		Hold leg out in front with pointed toe 15 seconds each leg	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>
3D TRAINING II		Hold bottom and feet off the step from sitting 3x3 secs	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 more than 45 degrees 20 secs hold	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>
SPLIT STRETCHES		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 with chest against wall 10 sec hold	01	02	03	04	05	06	07	08	09	10	11	<input checked="" type="checkbox"/>	<input type="text"/>