

Floor Work 15 minutes

Japan Stretch 20 sec, 3 times

Fold Stretch feet against wall 20 sec hold, 3 times

Side split right & left leg, hold for 20 sec each leg, 3 times. try over split

Bridge, hold for 5 sec, 5 times, then rock on back to bend back the other way

Lever to Handstand 5 times

Straddle lever, hold for 1 min in total (if you come down go straight back up)

Lift to Dish, 20 times then hold for 20 sec

Lift to Arch, 20 times then hold for 20 sec

40x sit ups with 2lt milk or juice carton

10x press ups elbow in then elbow out
5 x press up clap hands

20x V-sit, 20x Straddle V sit, 20x 1 leg V sit

Monday	Sign	Friday	Sign
Tuesday	Sign	Saturday	Sign
Wednesday	Sign	Sunday	Sign
Thursday	Sign		

On the Bar 5 minutes

10x ½ leg lifts with legs straight

5x chin up over grasp

5x chin up under grasp

20x hand changes in chin position

Monday	Sign	Friday	Sign
Tuesday	Sign	Saturday	Sign
Wednesday	Sign	Sunday	Sign
Thursday	Sign		

Split up the bar work and the floor work.

Best time to do the floor work is before school.

Bar work could then be completed before you have your evening meal.

Ideally mum or dad could help you along a bit – or even join in?

Parents are to sign each day that the exercises have been completed.

Print out a new sheet weekly. Start on a Sunday, complete and hand in on Saturday.

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Home Programme

Performance

Date _____

Gymnast _____

Hand into your coach every week, if you complete 3 or more days Floor and Bar you will get a star for your diary!