

Floor Work 15 minutes

Japan Stretch Hold 10 sec, 3 times

Pike Fold Hold 10 sec, 3 times

Side split right & left leg, Box splits
Hold 10 sec, 3 times each.

Bridge, hold for 3 sec, 5 times, then
rock on back to bend back the other way

Leg lifts sides back and front 30 each

Straddle lever, hold for 10 sec X 2
(if you come down go straight back up)

Lift to Dish, 40 times then hold for 15 sec

Lift to Arch, 40 times then hold for 15 sec

20 x sit ups with 2lt milk or juice carton

15 x press ups elbow in then elbow out
30 x mountain climbs front support hold 30 sec

30x V-sit, 30x Straddle V sit, 15x reverse pressup

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

On the Bar 5 minutes

8 x ½ leg lifts with legs straight

4 x chin up over grasp

4 x chin up under grasp

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.

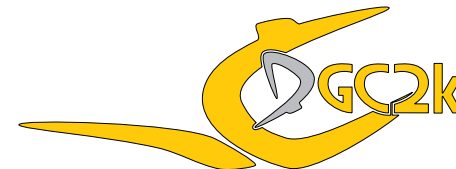
Ideally mum or dad could help you along
a bit – or even join in?

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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Dundee Gymnastics 2k www.dgc2k.co.uk

Home Programme



Floor & Vault

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!