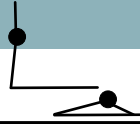


# Floor Work 10 minutes

L fold Stretch 10 sec hold, 5 times



Japana Stretch 10 sec hold, 5 times



Side Split right & left leg & Box hold for 10 sec each leg, 5 times.

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



Handstand against wall at 45° hold for 10 sec ( )



Perch hold 5 sec, 3 times ( )



Straddle lever, hold for 5 sec times 3 ( )



Back lift 5 x 3 times ( )



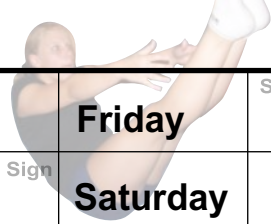
10 x sit ups ( )



10 x press up ( )



10 x V-sit ( )



Monday

Sign

Friday

Sign

Tuesday

Sign

Saturday

Sign

Wednesday

Sign

Sunday

Sign

Thursday

Sign

# On the Bar 5 minutes

3x leg lifts with legs as straight as you can

Last one hold for 10 sec ( )

3x chin up Over grasp Last one hold for 10 sec ( )

3x chin up Under grasp Last one hold for 10 sec ( )



Monday

Sign

Friday

Sign

Tuesday

Sign

Saturday

Sign

Wednesday

Sign

Sunday

Sign

Thursday

Sign

*Tip: If you do the Splits, Bridge and Japana every day you will become flexible very quickly!*

Comments

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

### Men's Artistic Development



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! **The Brackets are for you to put down the number times you managed.**