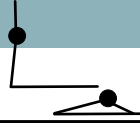


Floor Work 10 minutes

L fold Stretch 10 sec hold, 3 times



Japana Stretch 10 sec hold, 3 times



Side Split right & left leg & Box hold for 10 sec each leg, 2 times.

Bridge, hold for 3 sec, 2 times, then rock on back



Straddle lever, hold for 2 sec times 3 ()



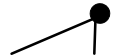
Back lift 3 x 2 times ()



10 x sit ups ()



Hold front support 20 sec ()



Monday

Sign

Friday

Sign

Tuesday

Sign

Saturday

Sign

Wednesday

Sign

Sunday

Sign

Thursday

Sign

On the Bar 5 minutes

1 x leg lift with legs as straight as you can hold for 3 sec ()

1 x chin up Over grasp ()

1 x chin up Under grasp ()



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

Development

G2

4 / 5 Year old

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.**