

Floor Work 15 minutes

Japana Stretch 10 sec, 3 times



Back to the wall, seated position arms by your sides hold for 40 sec



Ankle raises 30 times each leg



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



Single leg squat 12 times each leg



Handstand against wall at 45° hold for 10 sec, 3 times



Lift to Dish, 15 times then hold for 20 sec

Lift to Arch, 15 times then hold for 20 sec

20x sit ups with 2lt milk or juice carton

Press ups, elbow in 10 times then 10 times elbow out (5 sec break between)

15 times V-sit

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

On the Bar 5 minutes

8 times chin up over grasp

8 times 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

Performance Tumbling NDP National 2 - 5

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!