

CITY GYMNASTICS HOMEWORK



NAME: _____

DATE: _____

1. Endurance

How long?

	Attempt 1	Attempt 2	Attempt 3
Run/jog		x	x
Jump rope (2 feet)			

2. Shapes

How many seconds?

	Attempt 1	Attempt 2	Attempt 3
Hollow shape (on back)			
Arch shape (on belly)			
Front support (on elbows)			
Pike press			
Pike sit (arms side ways)			
Candle stick			
Handstand (free)			

3. Strength

How many times?

	Attempt 1	Attempt 2	Attempt 3
Push-ups			
Straddle press -> front support (push up position)			
Sit-ups			
Pike hold (on a bar)			
V-hold (on a bar)			
Pull up hold (on a bar)			

3. Flexibility

How far?

	Attempt 1	Attempt 2	Attempt 3
Front split left			
Front split right			
Middle split 'frog legs'			
Bridge with shoulders against the wall			
Tick-Tock on to raise			
Straddle sit hands forward, body flat on the ground as far as possible			