

Gymnast Individual Training Plan (Phoenix everyone)

Please ensure that you have enough space and it is safe for you to practice there.

Name date started

Start by giving yourself a score out of 10 for each activity. (10 for perfect)
 Try to practice at least **5 activities every day** and tick when you have done it.
 Score them all again at the end of the month to see if you have improved.

Add your own individuals to the blank spaces; 1, 2 & 3

Activity	Starting Score	Date																								Score
1																										
2																										
3																										
Run through your routine																										
Normal stretches																										
Balance on 1 leg 30"																										
Teach yourself a new thing to show																										
Your choice leg strength																										
20 Tuck jumps																										
20 burpees																										
20 V sits																										

