# Gymnast Individual Training Plan (Advanced)

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 **3 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.

| Activity | **Starting Score** | Date | | | | | | | | | | | | | | | | | | | | | | | **Score** |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Good leg splits | | | | | | | | | | | | | | | | | | | | | | | | | |
| Box Splits | | | | | | | | | | | | | | | | | | | | | | | | | |
| Japana (flat) | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fall back to bridge (legs together) | | | | | | | | | | | | | | | | | | | | | | | | | |
| Arabesque | | | | | | | | | | | | | | | | | | | | | | | | | |
| Straddle Lever 3″ | | | | | | | | | | | | | | | | | | | | | | | | | |
| Handstand Hold 3″ | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 Handstand press-ups | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20 V sits | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20 Press ups | | | | | | | | | | | | | | | | | | | | | | | | | |

Gymnast Individual Training Plan (Intermediates 2)

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 **3 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.

| Activity | **Starting Score** | Date | | | | | | | | | | | | | | | | | | | | | | | **Score** |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Good leg splits | | | | | | | | | | | | | | | | | | | | | | | | | |
| Japana (flat) | | | | | | | | | | | | | | | | | | | | | | | | | |
| Frog balance 3″ | | | | | | | | | | | | | | | | | | | | | | | | | |
| One foot stand 3″ | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fall back to bridge | | | | | | | | | | | | | | | | | | | | | | | | | |
| Straddle Lever 2″ | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pike fold | | | | | | | | | | | | | | | | | | | | | | | | | |
| High V sit hold 3″ | | | | | | | | | | | | | | | | | | | | | | | | | |
| Shoulder stand vertical | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20 Press ups | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20 one leg V sits | | | | | | | | | | | | | | | | | | | | | | | | | |

Gymnast Individual Training Plan (Intermediates 1)

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 **3 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.

| Activity | **Starting Score** | Date | | | | | | | | | | | | | | | | | | | | | | | **Score** |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Good leg splits | | | | | | | | | | | | | | | | | | | | | | | | | |
| Japana 45° | | | | | | | | | | | | | | | | | | | | | | | | | |
| Frog balance 3" | | | | | | | | | | | | | | | | | | | | | | | | | |
| One foot stand 3" | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bridge legs together | | | | | | | | | | | | | | | | | | | | | | | | | |
| Straddle sit | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pike fold | | | | | | | | | | | | | | | | | | | | | | | | | |
| High V sit hold | | | | | | | | | | | | | | | | | | | | | | | | | |
| Shoulder stand | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10 Press ups | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10 one leg V sits | | | | | | | | | | | | | | | | | | | | | | | | | |