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																									

Gymnast Individual Training Plan (Improvers)

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																									
Bridge																									
One foot stand 3"																									
Tuck sit																									
Straddle sit																									
Pike sit																									
Rock b'wards and f'wards to stand																									
10 Bunny Hops																									
10 Press ups																									
10 sit ups																									

Gymnast Individual Training Plan (Beginners)

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.

Don't forget to point your toes!!

Activity	**Starting Score**	Date																							**Score**
Favourite leg splits																									
Bridge																									
One foot stand 3"																									
Straddle sit																									
Tuck sit																									
Pike Sit																									
Rock b' ward and f'ward in each shape																									
Hold a press up shape 3"																									
10 bunny hops																									
10 Press ups from knees																									
10 sit ups																									