

	Gymnastics Skill Building -(for home use only) Pick 3-6 Skills to do on days not at Silver Stars						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 Candlestick Jumps							
15 Push-Ups							
20 Tuck-ups							
25 Squat Jumps							
30 Sit-ups							
10 Pike-Ups							
15 Reverse Push-Ups							
20 Side Lifts							
25 Arch-Ups							
30 Jump Roping							
2x10 Leg Lifts							
2x 20 Lunge Steps in Place							
2x10 Toe Raises							
2x20sec Wall Sits							
2x 20 sec Plank Holds							
2x20sec Superman Holds							

Leotards-All Gymnasts should wear a leotard; shorts are allowed; **NO JEWELRY!** **HAIR**-Must be pulled up

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