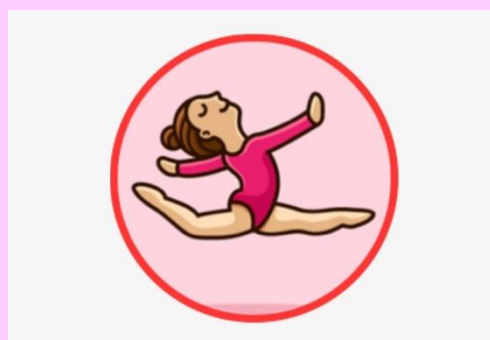


# Gymnastics daily check list! (Strength edition)

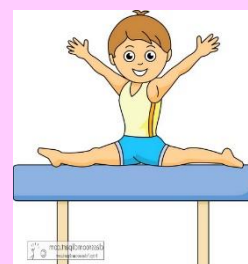
## Hold all for 10 seconds, X2:

- Dish
- Arch
- Front support
- Back support
- Bridge
- Arabesque
- Straddle lever
- Half lever
- Straddle fold (japana)
- Pike fold (lumbar)
- Splits (right leg, left leg and box)



## Conditioning (your favourite), all 2 sets of 10:

- Press ups
- Sit ups
- Squat jumps
- Tuck, straddle and pike v-sits
- Mountain climbers
- Front support shoulder taps
- Forward lunges (both legs)



## Challenges:

- How long can you hold a plank/body position for?
- Find the strangest place in your house where you can stretch your splits!