

# Building Me for PE



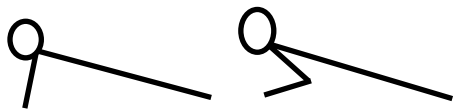
Gymnast Name \_\_\_\_\_

Skill	Date _____	Date _____	Date _____	Date _____	Date _____
Handstand (can use a wall)	_____secs.	_____secs.	_____secs.	_____secs.	_____secs.
Push Ups	# _____ in 1 minute	# _____ in 1 minute	# _____ in 1 minute	# _____ in 1 minute	# _____ in 1 minute
Sit Ups or Crunches	# _____ in 1 minute	# _____ in 1 minute	# _____ in 1 minute	# _____ in 1 minute	# _____ in 1 minute
Lunge Steps	# _____ in 1 minute	# _____ in 1 minute	# _____ in 1 minute	# _____ in 1 minute	# _____ in 1 minute
Plank Hold	_____secs.	_____secs.	_____secs.	_____secs.	_____secs.
Arch Hold	_____secs.	_____secs.	_____secs.	_____secs.	_____secs.
Squat Jumps	# _____ in 1 minute	# _____ in 1 minute	# _____ in 1 minute	# _____ in 1 minute	# _____ in 1 minute
Tricep Dips	# _____ in 1 minute	# _____ in 1 minute	# _____ in 1 minute	# _____ in 1 minute	# _____ in 1 minute

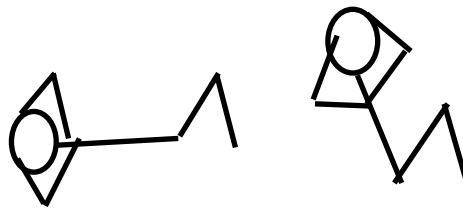
Now is the perfect time to make sure we continue to get stronger so when it is time to get back in the gym we will be ready to get to work!

Here are some easy skills you can do at home to build your strength while we aren't able to go to the gym.

Track your progress to see your improvement over time! If you bring in a filled out work sheet we will have a surprise waiting for you at the gym for all your hard work!



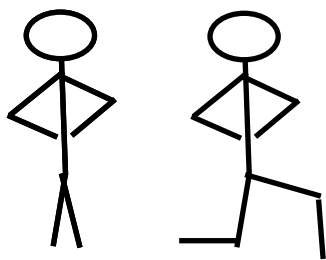
Push-ups



Sit-Ups or crunches



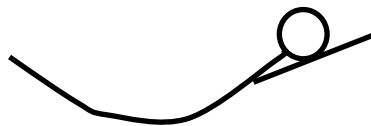
Handstand



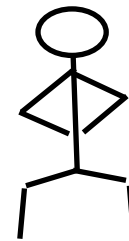
Lunge Steps



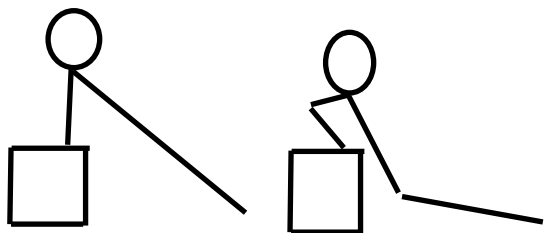
Plank Hold



Arch Holds



Squat Jumps



Tricep Dips

DON'T FORGET TO HAVE FUN!  
The stronger we get the more we can improve our gymnastics