

# Whitehall Gymnastics Club

SPELL OUT YOUR NAME OR A WORD YOUR COACH/PARENT CHOOSES & COMPLETE THE EXCERISE FOR EACH LETTER.



A	10 press ups
B	10 tricep dips/back press ups
C	15 second plank hold
D	10 pike v-sits
E	10 straddle v-sits
F	10 squats
G	10 burpees
H	10 second dish hold
I	15 second front support hold
J	10 second arch hold
K	3 rolls to stand x3
L	10 big stretch heel raisers
M	10 squat jumps
N	10 sit ups
O	15 second shoulder stand hold
P	10 second arch hold
Q	30 seconds running on the spot
R	10 toe touches
S	10 twisted crunchies
T	30 second skipping with a skipping rope - FAST!
U	10 dish lifts
V	10 jumping jacks
W	10 arch lifts
X	20 seconds front support mountain climbers
Y	10 seconds right leg split hold
Z	10 seconds left leg split hold

Keep up the hard work!