

Name:		PSLG Gymnastics Homework																							
Date:	Right Split	Left Split		Straddle		Pancake		Pike		Bridge		Flex		Point		Shoulder		Thera R	L	Wall Hanstand		Hollow Hold			
Bronze	1m	1m	1m	1m	1m	1m	1m	1m	1m	1m	1m	30s	30s	1m	1m	1m	1m	30s	30s	30e	30e	1m	1m	1m	1m

Parent's Signature _____

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Bronze	1m	1m	1m	1m	1m	1m	1m	1m	1m	1m	1m	30s	30s	1m	1m	1m	1m	30s	30s	30e	30e	1m	1m	1m	1m

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