

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

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Plat/Diam	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	30s 30s	30s 30s	1m 1m	1m 1m	1m 1m	1m 1m	30s 30s	30e 30e	30e 30e	1m 1m	1m 1m	1m 1m	1m 1m	
Plat/Diam	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	30s 30s	30s 30s	1m 1m	1m 1m	1m 1m	1m 1m	30s 30s	30e 30e	30e 30e	1m 1m	1m 1m	1m 1m	1m 1m	
Plat/Diam	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	30s 30s	30s 30s	1m 1m	1m 1m	1m 1m	1m 1m	30s 30s	30e 30e	30e 30e	1m 1m	1m 1m	1m 1m	1m 1m	

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Plat/Diam	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	30s 30s	30s 30s	1m 1m	1m 1m	1m 1m	1m 1m	30s 30s	30e 30e	30e 30e	1m 1m	1m 1m	1m 1m	1m 1m	
Plat/Diam	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	30s 30s	30s 30s	1m 1m	1m 1m	1m 1m	1m 1m	30s 30s	30e 30e	30e 30e	1m 1m	1m 1m	1m 1m	1m 1m	
Plat/Diam	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	30s 30s	30s 30s	1m 1m	1m 1m	1m 1m	1m 1m	30s 30s	30e 30e	30e 30e	1m 1m	1m 1m	1m 1m	1m 1m	

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Plat/Diam	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	30s 30s	30s 30s	1m 1m	1m 1m	1m 1m	1m 1m	30s 30s	30e 30e	30e 30e	1m 1m	1m 1m	1m 1m	1m 1m	
Plat/Diam	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	30s 30s	30s 30s	1m 1m	1m 1m	1m 1m	1m 1m	30s 30s	30e 30e	30e 30e	1m 1m	1m 1m	1m 1m	1m 1m	
Plat/Diam	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	1m 1m	30s 30s	30s 30s	1m 1m	1m 1m	1m 1m	1m 1m	30s 30s	30e 30e	30e 30e	1m 1m	1m 1m	1m 1m	1m 1m	

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