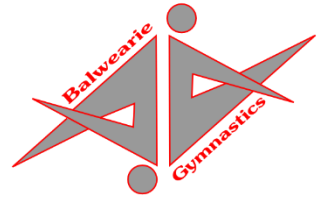


Foundations Testing



Can practice as often as you like – please record results Weekly							
	Day 50	Day 57	Day 64	Day 71	Day 78	Day 85	Day 92
Chins – Normal Grip							
Chins – Reverse Grip							
Chins – Mixed Grip							
Full Leg Lifts							
Half Leg Lifts							
Splits – Right Leg							
Splits – Left Leg							
Splits – Side							
Japana							
Pike Fold							
Lever Hold							
Pike Hold							
Lever to Handstand (your own level)							
Held Handstand							