

Date							
How Many in 1 mins							
Dips							
Chin Up's							
Circle Up's							
Leg Lifts in Pike							
Leg Lifts in Straddle							
Elephant Lift							
V-Sits							
Time Held							
Pike Lever							
Straddle Lever							
Russian Lever							
Handstand hold							
Splits Right Leg							
Splits Left Leg							
Box Splits							
Japana							
Bridge							
How far							
Long Jump							
How many Steps							
Handstand Walk							