



CHECKLIST

Your first month of adult gymnastics

- ☐ Find and contact two local clubs about adult beginner sessions

- ☐ Book a trial class or drop-in to see if the coaching suits you

- ☐ Prepare close-fitting clothes and remove all jewellery before training

- ☐ Practise hollow holds and scapular push-ups at home between classes

- ☐ Set one small goal for the month and track it without pressure

- ☐ Film yourself occasionally to see progress you might otherwise miss

- ☐ Rest for at least one day between training sessions
