

**Beginner**

**WEEK 1**



# Well done!

**This is to certify**



**completed the GymFit**

**Gymnasts at home!  
work out**

**and completed ..... squats or squat jumps in one minute!**

A handwritten signature in black ink, reading 'Jane Allen', positioned above a horizontal line.

**Jane Allen MBE  
Chief Executive Officer**

**British  
Gymnastics**