

**Intermediate**

**WEEK 19**



# Well done!

**This is to certify**

.....

**completed the GymFit**  
**Gymnasts at home!**  
**work out**

**and completed ..... tuck jumps**  
**in 45 seconds!**

A handwritten signature in black ink, reading 'Jane Allen', written over a horizontal line.

**Jane Allen MBE**  
**Chief Executive Officer**

**British**  
**Gymnastics**