

**Beginner**

**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', positioned above a horizontal line.

**Jane Allen MBE  
Chief Executive Officer**

**British  
Gymnastics**