

# New Lesson Plan

## Beam [Remove Event](#)

BB11

### Beam

#### SPLIT HANDSTAND HOLD DRILL ON FLOOR BEAM



1. Start in a lunge on a floor beam.
2. Lever into a split handstand about 1-2 ft. from the high surface.
3. Maintaining the split handstand place one foot on the surface. Switch legs.
4. Finish by levering back to a lunge.

Not for Distribution Beyond Purchasing Gym

Equipment:

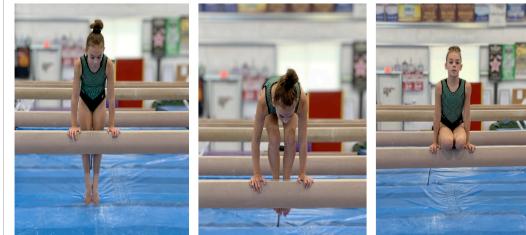
Floor Beam Resi

Pacman/Wall

BB19

### Beam

#### KNEELING MOUNT



1. Start by jumping to front support.
2. Slowly lift legs in a pike until knees are above beam.
3. Bend legs and place one or both knees on the beam.
4. Finish by standing up.

Not for Distribution Beyond Purchasing Gym

Equipment:

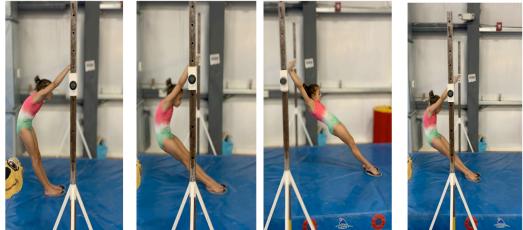
Beam

## Uneven Bars [Remove Event](#)

B41A

### Bars

#### GLIDE SWING WITH SLIDER



1. Start with toes on the slider and heels on the floor as a brake.
2. Holding the bar, lean back and round the chest.
3. Lift heels off the floor and push toes forward to a straight body position, eyes on toes.
4. Finish by sliding back to neutral.

Not for Distribution Beyond Purchasing Gym

Equipment:

Low Bar

B47

### Bars

#### PARTNER ASSISTED TUCK HANG WITH BLOCK



1. Start hanging on the bar.
2. Tuck your knees up to horizontal.
3. Have your partner place a pit block on your knees.
4. Finish by lowering down.

\*Add a challenge by shimming across the bars without dropping the block.

Not for Distribution Beyond Purchasing Gym

Equipment:

High Bar