

BEGINNER					
VAULT	BARS	BEAM	FLOOR	CONDITIONING	FLEXIBILITY
3 straight jumps up and down on board	From L sit, 3 chin ups to top of head	Jump to front support	Tuck fwd roll to stand	Chin hang	Bridge with straight arms
Jump form board to mat stick and hold	Kicking pullover	Bring feet to push up position	Tuck back roll down wedge	L hang	Pike stand legs straight, palms flat
Run with knees up	Casting with control	Walk fwd on low bm	Cartwheel		90 split back leg bent and by the wall
			Bridge up		
			Wall handstand		
ADV BEGINNER					
VAULT	BARS	BEAM	FLOOR	CONDITIONING	FLEXIBILITY
Short run to straight jump off board	3 casts in a row	Standing coupe hold	Forward straddle roll	Beam push ups	One split down
Handstand by wall fall to flat back	1 chin up	Standing passe hold	Back tuck roll	Beam sit ups	Bridge with straight arms. Legs under hips/bent
	Back hip circle	Walk side left/right	Straight jump	Chin up using one leg	
		Pike stretch on low beam	Bridge up kick over down wedge		Straddle pancake
			Handstand		
INTERMEDIATE					
VAULT	BARS	BEAM	FLOOR	CONDITIONING	FLEXIBILITY
Short run, straight jump off board to raised surface	From L sit, 5 chin ups to top of head	Side ? by wall	Round off from panel mat	Leg lifts	Two splits down bridge on low beam
	Cast to horz, back hip with straight arms	Walk flat on med. beam with correct turnout	Chasse	Chin up	Straddle pancake with feet flexed
Faster run hurdle over short mat to land	L hang on low bar	Flat to releve five times with balance	2nd leg cartwheel	Push ups	Pike stretch hands on beam w/ legs straight
Handstand on panel mat to flatback	Leg cuts forward and backward	Jump from low beam to floor with control	Bridge up kick over	Sit ups	
			handstand rolldown		
			Backhandspring down wedge		
			Back pike roll		
PRE ADVANCED					
VAULT	BARS	BEAM	FLOOR	CONDITIONING	FLEXIBILITY
run hurdle, flat back on raised surface	Chin up pullover to cast back hip circle	Side handstand on low beam to flatback	Back walkover	Hollow hold	Pike stretch hands on beam w/ legs straight
Run with leg extension, deer run	Hollow hold on spotting block	Jump off med. Beam to controlled stick	Front limber	V ups	3 splits
Jump from table to stick and finish on landing mat	Forward mill circle with spot	Correct cartwheel on line	Backhandspring	10 leg lifts	Bridge kickover on beam
	Hang on HB to stick		Front handspring off panel mat	5 chin ups	
			Back extension roll	Rope climb	
ADVANCED					
VAULT	BARS	BEAM	FLOOR	CONDITIONING	FLEXIBILITY
Good run, straight jump to table	Glide swing from a spotting block	Lever with block from stad to arabesque	Round off backhandspring	hollow v ups	3 correct splits
Tuck front flip from board to berth	Leg lift from horizontal to bar 3 times	Leap over carpet square	Run hurdle front handspring	15 leg lifts	Bridge kickover on high beam
Handstand blocking from hands to hands	Leg cut to forward mill circle	Cartwheel on low beam	Handstand, hold 20 sec	8 chin ups	Pike stretch face to knees, hands under beam, legs straight
		Side handstand, hold	Continuous back pike rolls	15 sec rope climb	
			Press handstand from standing position		