|  |  |  |
| --- | --- | --- |
| Pullover up wall |  |  |
| Cast Concept |  |  |
| Back Hip Circle Concept |  |  |
| Front Support |  |  |

PRE TEAM

|  |  |  |
| --- | --- | --- |
| Split Handstand |  |  |
| Backwards Roll on Incline |  |  |
| Bridge-Leg in Air |  |  |
| Cartwheel |  |  |

|  |  |  |
| --- | --- | --- |
| Running |  |  |
| Arm Circle |  |  |
| Stick Landing |  |  |
| Jump to Resi |  |  |

|  |  |  |
| --- | --- | --- |
| Walk on High Beam |  |  |
| Arabesque Hold 2 seconds |  |  |
| Stick Landing |  |  |
| Releve Walk |  |  |

VAULT

FLOOR

BEAM

BARS