|  |  |  |
| --- | --- | --- |
| Pullover |  |  |
| Cast w/ hips off |  |  |
| Back Hip Circle Slight Spot |  |  |
| Hollow Body on Floor Bar |  |  |
| Step-Straddle Dismount |  |  |
| Chin Hold 10 seconds |  |  |

LEVEL 1

|  |  |  |
| --- | --- | --- |
| Handstand with Lunge |  |  |
| Backwards Roll |  |  |
| Bridge kickover on incline |  |  |
| Cartwheel-step in |  |  |

|  |  |  |
| --- | --- | --- |
| Running |  |  |
| Arm Circle Hurdle |  |  |
| Dive Roll on Resi |  |  |
| Jump to Resi |  |  |

|  |  |  |
| --- | --- | --- |
| Lever Hold 2 seconds |  |  |
| Lever Touch on Low Beam |  |  |
| Stick Landing |  |  |
| Releve Walk FBS |  |  |

FLOOR

VAULT

BEAM

BARS