

ADVANCED BOYS

Floor Exercise

- Handstand, straight arm roll or full pirouette roll
- Straight Arm Backward Roll to push up
- Press to handstand, off fold up map
- Front Tuck on to 8" mat
- Hurdle, Front Handspring from lunge
- Round-off, back handspring on 8" mat or Tumble Trak
- Back Tuck on Tumble Trak

Pommel Horse

- 3 Circles on Mushroom
- 3/4 Circle on Mushroom Top
- 4 Circles, 2 Spindles & 4 Circles in Bucket
- Flair Drill on P-Bars

Still Rings

- Sequence: Muscle up (spotted) to L support hold
- Level 4 DII ring routine

Parallel Bars

- Tap Swings to Back Uprise
- Under Arm Support Swings to Front Straddle Up Support
- 3 swing sequence on raised regular parallel bars
- Level 4 D2 Routine
- Handstand Hold on Parallettes

Vault

- Straight Jump (up to pit block)
- Front Tuck (up to pit block)
- Handstand Fall Flat (up to pit block)
- Front Handspring (over pit block)
- Handstand Flat Back (table)
- Punch Front Tuck (2 - 8" mats)

Horizontal Bar

- Pull Over from hang on high bar
- Under-Swing to boxes on high bar
- Tap Swings to 1/2 Turn to boxes on high bar
- Cast, Back Hip Circle, Under-Swing to boxes, spotted
- Kip, spotted
- Fly Away Drill

