

# INTERMEDIATE GIRLS

## Vault

- Smash, swing, straight jump from medium block to up to 3 & 1/2 - 8 inch mats (from bad leg lunge)
- Run, smash, swing, straight jump up to 3 & 1/2 - 8 inch mats
- Dive Roll from medium block to 3 & 1/2 - 8 inch mats (arms up/from bad leg lunge)
- Run, dive roll up to 3 & 1/2 - 8 inch mats mats
- Front tuck from trapezoid to 2 - 8 inch mats (arms go up/bad leg lunge)
- Front tuck from medium block to 2 - 8 inch mats (arms go up/bad leg lunge)
- Flat back from trapezoid to 2 - 8 inch mats
- Run, flat back to 3 - 8 inch mats

## Uneven Bars

- Pull-Over
- Cast, Back Hip Circle (light spot)
- Straddle Shoot (off box)
- Pike Hang (10 seconds)
- Squat On (drill)
- 1 - 3 Proper Tap Swings
- Glide Swing (with small barrel)
- Under swing to drag on low bar (with spot)

## Balance Beam

- Tuck Jump
- Open Handstand on (low beam)
- Cartwheel on (low beam)
- Side Handstand to Push-Up (on wall)
- Side Handstand (on medium beam, with a spot)
- Bridge Kick-Over (on floor beam)

## Floor Exercise

- Front Limber
- Tick-Tocks
- Round-Off to Knees (drill)
- Hurdle, Round-Off (from panel blocks)
- Back Bend & Kick Over
- Back Handspring (with boulder)
- Dive Roll (onto 8" mat)
- Front Tuck (on Tumble Trak)

