

INTERMEDIATE BOYS

Floor Exercise

- Handstand, hold for 3 sec.
- Jump Straddle Press to Handstand
- Handstand, bridge
- Hurdle, round-off to knees from lunge
- Hurdle, round-off over bridge to C-shape
- Back Handspring over boulder
- Front tuck on Tumble Trak, landing on feet

Pommel Horse

- 5-10 Bucket Circles
- One & a Half Circles on Mushroom
- 1/2 Circle on Mushroom Top

Still Rings

- Sequence: Chin Up, controlled lower to L hold, kick out to 3-5 swings
- Sequence: 3-5 swings to candlestick, inverted pike, peel the banana, pull back to inverted pike
- Sequence: Inverted pike, cast, 3 counter swings, flip with safe landing
- Complete ring routine on own

Parallel Bars

- 3 swing sequence on regular parallel bars
- Flank Cut Dismount
- 3 swing sequence with flank cut dismount on regular parallel bars
- Hopping forward down the length of the regular parallel bars
- Under Arm Support with 5 sec. hold
- L Support Hold

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

Horizontal Bar

- 3-5 real Chin-Ups
- Pull Over on high bar, spotted
- Cast, Back Hip Circle (on own), under-swing (spotted), on low bar
- 3-5 Tap Swings with re-grip
- 3 Tap Swings with a long hang pullover, spotted
- Under-Swing to boxes on high bar, spotted

