

BEGINNING BOYS 1

Floor Exercise

Forward Roll
Backward Roll
Headstand Hold (against the wall)
Tripod Balance
Kick to Handstand (against wall)
Cartwheel (concept & correct lunges)

Vault

Rebounds
Smash & Swing (trapezoid to 8")
Run, Arm Circle, Straight Jump
Run, Arm Circle, Tuck Jump
Jump up to a Medium Block

Pommel Horse

All 4 Plank Positions (5 seconds)
1/2 Circle

Parallel Bars

Support Hold (10 seconds)
Tuck Support Hold (10 seconds)
Support Walk Forward
Hang Walk Forward & Backward
5 Swings (in a row)

Still Rings

Tuck Hang (5 seconds)
Chin Hold (5 seconds)
Candlestick Hold (5 seconds)
Lower to Banana Peel (3 second hold)
Banana Peel Drop Landing
5 Swings

High Bar

Support Hold (5 seconds)
5 Casts (hips must leave the bar)
Chin Hold (5 seconds)
Forward Roll Dismount
Pull-Over with Block
3 1/2 Turns (in a row)
5 Swings (re-grip)

