

# ADVANCED BOYS

## Floor Exercise

Hurdle, Round-Off, BHS (over boulder)  
Front-Tuck (onto 8" mat)  
Fly-Spring (on tumble track)  
Front-Handspring  
BHS (down cheese or on tumble track)  
Back Extension Roll, 3/4 HS  
Round-Off BHS (on Tumble Track)  
Round-Off Back-Tuck (on tumble track)  
Standing Tuck

## Vault

Front Tuck (to 8" mat)  
Front Tuck (up to pit)  
Front Handspring (over pit)  
Round-Off (over pit)  
Flat Back (over table)

## Pommel Horse

5-10 Circles  
1-3 Circles on Mushroom Top  
Flair Work with Bucket Circles

## Parallel Bars

5 Swings (above horizontal)  
3 Under Arm Swings, Straddle Front Uprise  
3/4 Handstand Flank Dismount  
3 Long Hang Swings to Back Uprise

## Still Rings

5 Swings Layout  
Muscle Up (with resistance band)  
Sequence: Support, L, Inverted Pike Drop,  
Banana Peel, Back to Inverted Pike  
Cast 3 Swings to Flyaway  
(from inverted pike)

## High Bar

Cast, BHC, Under-Swing to Tap Swings  
Pull-Over from Hang  
Flyaway (with coach)  
Kips on Kip Trainer

