



ADVANCED GYMNASTICS

TRAINING FOCUS

VAULT/TRAMP

- Front handspring over elevated surface land on feet
- Roundoff over elevated surface land on feet
- Roundoff onto elevated surface
- Front tuck off springboard
- Bounders

BEAM

- Cartwheel (low beam)
- Back walkover on line
- Half turn
- Side handstand straddle down
- Roundoff dismount
- Split leap (low beam)

BARS

- Cast to horizontal
- Forward roll to chin hold
- Sole circle dismount
- 3 pike glide swings
- Cast squat on
- Mill circle
- Front hip circle (with assistance)

FLOOR

- Back walkover
- Front walkover
- Back handspring (with assistance)
- Full turn

CONGRATULATIONS