

<p><u>VAULT</u></p> <ol style="list-style-type: none"> 1. Straight jump off box 2. Rebound jumps on board x3 3. Spiderman handstand (5 secs) 	<p><u>BARS</u></p> <ol style="list-style-type: none"> 1. Bent knee swings x3 2. Jump to front support (3 secs) 3. Tuck hang (3 secs) 	<p><u>P-BARS</u></p> <ol style="list-style-type: none"> 1. Cross support (3 secs) 2. Bear walk to halfway 3. Swing through to crab walk 4. Crab walk to end 5. Cross support (3 secs)
<p><u>BEAM</u></p> <ol style="list-style-type: none"> 1. Walks forwards on toes x4 2. Walks sideways x4 3. Passe hold (3 secs) 4. Step kicks x4 5. Straight jump dismount 	<p><u>FLOOR</u></p> <ol style="list-style-type: none"> 1. Straight jump 2. Scorpion handstand 3. Step kicks x2 4. Step hops x2 5. Forward roll to tuck 6. Hold tuck (3 secs) 7. Hold L sit (3 secs) 8. Hold pike (3 secs) 	<p><u>RINGS</u></p> <ol style="list-style-type: none"> 1. Long hang (3 secs) 2. Tuck hang (3 secs) 3. Swings x2 4. Dismount at back of swing