

<p><u>VAULT</u></p> <ol style="list-style-type: none"> 1. Run, straight jump on board, motorbike landing on mat 2. Handstand on board 	<p><u>BARS</u></p> <ol style="list-style-type: none"> 1. Glide swing 2. Pullover 3. Casts x2 4. Cast away dismount 	<p><u>P-BARS</u></p> <ol style="list-style-type: none"> 1. Cross support (3 secs) 2. Tuck support (3 secs) 3. Kick out into swings 4. Swings x3 5. Dismount at back of swing
<p><u>BEAM</u></p> <ol style="list-style-type: none"> 1. Mount 2. Straight jump 3. Walks backwards x4 4. ½ turn on 2 feet 5. Passe hold (3 secs) 6. Step kicks x2 7. Tuck handstand 8. Star jump dismount 	<p><u>FLOOR</u></p> <ol style="list-style-type: none"> 1. ½ handstand 2. Jump ½ turn 3. Forward roll to stand 4. Tuck jump or star jump 5. Cartwheel 6. Jump feet together and squat down 7. Jump legs out to front support (3 secs) 8. Turn to back support (3 secs) 9. Pike sit (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. Upside down tuck (3 secs) 5. Lower down and drop to motorbike