

# PLATINUM

## BARS

- pull up, pullover, push tall (on high bar too)
- cast, 2 back hip circles in a row
- cast toward horizontal (good form)
- cast shoot through
- mill circle
- front hip circle

## TUMBLING

- 1-sec handstand hold, roll down with straight arms
- straight arm backward roll to push up position
- round-off rebound
- back walkover (good form)
- locked handstand to bridge, kick over
- front limber
- back handspring on floor

## VAULT

- jump to handstand over panel mat, fall flat onto resi



## BEAM

- front kick and arabesque walks on relevé
- snap turn to hold
- straight jump, straight jump (no arch & steady)
- straight leg leap (90°)
- full cross handstand
- side handstand, 1/4 turn dismount (medium beam)



## PLUS:

- chasse into split leap (90°)
- 2-sec hold straddle off ground
- 2 sets of 5 leg lifts to bar
- climb all the way up rope