

# SILVER – SILVER – SILVER – SILVER

## VAULT

- jump off board to hands on resi (straight body)-come back down on board
- 15 sec handstand hold facing wall with straight body

## TUMBLING

- candle stick to stand
- straight arm back roll to pike stand (incline)
- kick into full handstand with toes touching, arms by ears, finish in lunge
- lunge, cartwheel, lunge (legs over head, hands don't move on ground)
- round-off (no moving hands on floor)
- back bend on incline
- kick over on floor
- handstand to bridge on incline

## BEAM

- front and back walks on releve
- pivot turn
- straight jump (arms over head)
- tuck jump
- 3/4 cross handstand (low beam)
- 3/4 side handstand (medium and high beam)

## BARS

- chin over bar, 2 foot pullover
- back hip circle
- 3 casts with hips off bar (30°) (good form)
- 3-sec hold mill circle position off bar
- 3-sec hold front support, straight arms and body, hips higher than the bar; fall forward (onto mat if possible)



## PLUS:

- 15 push-ups
- 15 sit-ups (no hands) (alone)
- split jump (45°) (arms side middle)
- snap turn

