

| <b>B</b>                         | <b>I</b>                    | <b>N</b>               | <b>G</b>                      | <b>O</b>                             |
|----------------------------------|-----------------------------|------------------------|-------------------------------|--------------------------------------|
| straddle<br>rope<br>climb        | 25 push<br>ups 30<br>secs   | backhandspring         | kip                           | front<br>handspring                  |
| 30 sec<br>chin up<br>hold        | straddle<br>jump            | front<br>tuck<br>tramp | 25<br>v-snaps<br>30 secs      | jump full<br>turn both<br>ways floor |
| split<br>leap                    | turn in<br>routine<br>beam  | <b>FREE</b>            | 3 cast to<br>front<br>support | cast to<br>handstand                 |
| comp<br>vault                    | leap<br>progression<br>beam | flat splits<br>x3      | cartwheel<br>on beam          | front<br>layout<br>tramp             |
| backward<br>roll to<br>handstand | 30 sec<br>L-hold            | full turn              | walkover<br>on beam           | <b>NEW<br/>SKILL!!!</b>              |

| <b>B</b>                   | <b>I</b>                      | <b>N</b>                  | <b>G</b>                  | <b>O</b>                             |
|----------------------------|-------------------------------|---------------------------|---------------------------|--------------------------------------|
| turn in<br>routine<br>beam | 25<br>v-snaps<br>30 secs      | kip                       | 30 sec<br>chin up<br>hold | front<br>tuck<br>tramp               |
| backhandspring             | walkover<br>on beam           | front<br>handspring       | 30 sec<br>L-hold          | jump full<br>turn both<br>ways floor |
| comp<br>vault              | 3 cast to<br>front<br>support | <b>FREE</b>               | cast to<br>handstand      | 25 push<br>ups 30<br>secs            |
| cartwheel<br>on beam       | full turn                     | straddle<br>rope<br>climb | <b>NEW<br/>SKILL!!!</b>   | leap<br>progression<br>beam          |
| flat splits<br>x3          | front<br>layout<br>tramp      | split<br>leap             | straddle<br>jump          | backward<br>roll to<br>handstand     |

| <b>B</b>                   | <b>I</b>                             | <b>N</b>                 | <b>G</b>                    | <b>O</b>                         |
|----------------------------|--------------------------------------|--------------------------|-----------------------------|----------------------------------|
| 30 sec<br>L-hold           | full turn                            | 25<br>v-snaps<br>30 secs | front<br>layout<br>tramp    | 3 cast to<br>front<br>support    |
| straddle<br>rope<br>climb  | comp<br>vault                        | flat splits<br>x3        | straddle<br>jump            | front<br>handspring              |
| split<br>leap              | <b>NEW<br/>SKILL!!!</b>              | <b>FREE</b>              | leap<br>progression<br>beam | cartwheel<br>on beam             |
| turn in<br>routine<br>beam | jump full<br>turn both<br>ways floor | kip                      | walkover<br>on beam         | backhandspring                   |
| cast to<br>handstand       | 25 push<br>ups 30<br>secs            | front<br>tuck<br>tramp   | 30 sec<br>chin up<br>hold   | backward<br>roll to<br>handstand |