

Gymnast

straddle jump 12x	10 stuck landings off height	25 double unders	front walkover 12x BB	backsprng to handstand 10x
12x swivel hips in a row	stick it	chin up pullover 12x	10x kip or kip hdst	front handspring 12x
giants 20x or free hips	switch split or split leap 12x	FREE	10x press to hdst	Handstand 60sec on fx bar
back extension on forester 12x	full turn 10x	back tuck 10x	Forward roll balance beam 5x	cartwheel 12x beam
5 tumbling lines	12 block runs	competitive vault 7x	vault	1min splits 3 ways

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switch split or split leap 12x	10x kip or kip hdst	front walkover 12x BB	12x swivel hips in a row	chin up pullover 12x
25 double unders	vault	backsprng to handstand 10x	12 block runs	front handspring 12x
back extension on forester 12x	10x press to hdst	FREE	Handstand 60sec on fx bar	10 stuck landings off height
Forward roll balance beam 5x	competitive vault 7x	straddle jump 12x	1min splits 3 ways	full turn 10x
back tuck 10x	cartwheel 12x beam	giants 20x or free hips	stick it	5 tumbling lines

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12 block runs	competitive vault 7x	10x kip or kip hdst	cartwheel 12x beam	10x press to hdst
straddle jump 12x	back extension on forester 12x	back tuck 10x	stick it	backsrping to handstand 10x
giants 20x or free hips	1min splits 3 ways	FREE	full turn 10x	Forward roll balance beam 5x
switch split or split leap 12x	front handspring 12x	front walkover 12x BB	vault	25 double unders
Handstand 60sec on fx bar	10 stuck landings off height	chin up pullover 12x	12x swivel hips in a row	5 tumbling lines