

Gymnats Name: _____

Date: _____

Girls' Team Level 1/Pre-Team

Flexibility	
1.	Left Leg Split Action with good position
2.	Right Leg Split Action with good position
3.	Straddle Sit & Reach (chest on ground)
4.	Pike Sit & Reach (hands in line with feet)
5.	Bridge (straight arms & legs together)
Strength	
1.	5 Arch-Hollow Static Swings
2.	5 Tuck-ups
3.	1 Rope Climb with leg assistance
4.	5 Press Headstands
5.	20 Second Handstand Hold (against wall)
Vault	
1.	Jump to Handstand Flatback onto 24" mat stack
2.	Kick to Handstand Flat Back with Repulstion to Stacked Mats 8" Above Board
Uneven Bars	
1.	Glide Swing, Pullover
2.	Cast, Back Hip Circle
3.	Leg Cut Forward & Backward, 3 Casts to Freeze
4.	Mill Circle
5.	Cast, Pike On, Sole Circle Dismount
Balance Beam	
1.	Lever
2.	Forward Kick, Backward Kick, Board Position, Releve´
3.	Passe´(3 seconds), Lock Releve´, Pivot Turn
4.	Stretch Jump
5.	Cartwheel to Side Handstand Dismount
Floor Exercise	
1.	Handstand (2 seconds)
2.	Round-off rebound, Run Back
3.	Backward Roll to Pike Stand
4.	Back Walkover
5.	Pivot Combo, Chasse´, Leap & Snap 1/4 Turn, snap 1/4 Turn & Split Jump (90°)
To Advance to Level 2 / Xcel Bronze	
1.	Score a 35.000+ All Around on a USAG Level 2 Apollo In-House Competition

