

Gymnats Name: _____

Date: _____

Girls' Team Level 2/Xcel Bronze

Flexibility	
1.	Left Leg Split (arms in board position)
2.	Right Leg Split (arms in board position)
3.	Straddle Split (on elbows)
4.	Pike Sit & Reach (chest on thighs)
5.	Bridge (straight arms & legs)
Strength	
1.	3 sets of: 2 Arch-Hollow Static Swings to 1 Pull-up
2.	3 Leg Lifts
3.	1 Rope Climb with straight leg assistance
4.	3 Press Handstands (from straddle stand)
5.	30 Second Handstand Hold (against wall)
Vault	
1.	Straight Jump onto Table, Kick to Handstand Flatback to Stacked Mats 8" Above Table
2.	Handstand Flat Back with Repulsion to Stacked Mats 8" Above Table
Uneven Bars	
1.	Glide Swing, Pike Swing, Glide Swing
2.	Front Hip Circle, Cast
3.	Cast, Shoot Through, Leg Cut Back, 3 Casts to Pike on Sole Circle Dismount
4.	Cast Backhip Circle, Undershoot
5.	10 Tap Swings
Balance Beam	
1.	Cross Handstand (must attain vertical)
2.	Straight Leg Leap (90°) & Stretch Jump, Stretch Jump
3.	1/2 Turn in Forward Passe' (heel-snap turn)
4.	Carthweel Side Handstand, 1/4 Turn Dismount
5.	Carthweel on Low Beam
Floor Exercise	
1.	Handstand Forward Roll Step Out with Straight Arms
2.	Handstand to Bridge, Back Kick-Over
3.	Backward Roll to Push-up Position (straight arms)
4.	Round-off, Back Handspring to Two Feet, Rebound
5.	Split Jmp, Straight Jmp & Split Leap (90°), Swing Hop & 1/2 Turn in Fwd Passe'
To Advance to Level 3 / Xcel Silver	
1.	Score a 35.000+ All Around on a USAG Level 3 Apollo In-House Competition

