

Gymnats Name: _____

Date: _____

Girls' Team Level 3/Xcel Silver

Flexibility	
1.	Left Leg Split with 2" Front Leg Elevation
2.	Right Leg Split with 2" Front Leg Elevation
3.	Straddle Split with 2" Dominant Leg Elevation (on chest)
4.	Pike Sit & Reach (chest on thighs with feet flexed)
5.	Bridge On The Beam (shoulders extended)
Strength	
1.	10 Arch-Hollow-Pull-Ups
2.	10 Leg Lifts
3.	1 Rope Climb In Straddle L-sit
4.	3 Press Handstand (from straddle sit to straddle stand to HS to straddle sit)
5.	Handstand Hold, 10 seconds (walking allowed)
Vault	
1.	Handspring Over Table
2.	Front Layout Salto into Free Foam off Spring Board or Rod Floor
Uneven Bars	
1.	Glide Kip, Cast to Horizontal
2.	Jump to Long Hang Kip
3.	3 Casts to Horizontal, Squat On, Jump to Freeze
4.	Cast to Horizontal, Back Hip Circle, Underswing, 2 Tap Swings, 1/2 Turn Dismount
5.	2 Tap Swings, Tuck Flyaway Dismount into Free Foam
Balance Beam	
1.	Cartwheel
2.	Straight Leg Leap (120°); Releve "Lock" & Split Jump (120°), Stretch Jump
3.	1/1 Turn in Forward Passe'
4.	Forward Handstand, 1/4 Turn, Side Handstand, 1/4 Turn Dismount
5.	Back Walkover on Low Beam
Floor Exercise	
1.	Front Handspring to Two Feet; Rebound
2.	Front Salto Tucked
3.	Straight Arm Back Extension Roll to Stand
4.	R-off; Back Handspring; Back Handspring; Rebound
5.	Strdl Jmp, Jump 1/2 & Sissone (120°) to Split Leap (120°), Swing Hop & 1/1 Turn
To Advance to Level 4 / Xcel Gold	
1.	Score a 35.000+ All Around on a USAG Level 4 Apollo In-House Competition

