

Gymnats Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Girls' Team Level 4/Xcel Gold

Flexibility	
1.	Left Leg Split with 4" Front Leg Elevation
2.	Right Leg Split with 4" Front Leg Elevation
3.	Straddle Split with 4" Non-Dominant Leg Elevation (on chest)
4.	Pike Sit & Reach (chin on shins with feet flexed)
5.	3 x Bridge Up & Down on the Beam (shoulders extended each rep)
Strength	
1.	15 Arch-Hollow-Pull-Ups
2.	15 Leg Lifts
3.	2 Rope Climb In Straddle L-sit
4.	1 Press Handstand
5.	Handstand Hold, 20 seconds (walking allowed)
Vault	
1.	R-off onto Spring Board; Rebound to Flatback on Mat Stack with Table
2.	1/2 On onto Table; into Free Foam
Uneven Bars	
1.	<b>Glide Kip, Cast Above Horizontal, Clear Hip Circle Above Horizontal, Glide Kip, Cast Squat On</b>
2.	3 Casts Above Horizontal, Straddle On, Jump to Handstand
3.	Long Hang Kip, Cast to Above Horizontal, Long Hang Pullover
4.	<b>2 Tap Swings, Tuck Flyaway Dismount</b>
5.	10 Tap Swings Above Horizontal in Straps
Balance Beam	
1.	<b>Forward Handstand (2 second Hold), Back Walkover</b>
2.	Straight Leg Leap, Strech Jump & Split Jump, Sissone
3.	1/1 Turn in Forward Passe´ on Left and Right Leg
4.	Cartwheel, Back Salto Tuck Dismount
5.	<b>Back Handspring on Low Beam</b>
Floor Exercise	
1.	<b>FHS Step out, FHS Two Feet, Rebound</b>
2.	Front Salto Piked
3.	Back Extension Roll to Kneel
4.	<b>Round-off, Back Handspring, Back Salto Tucked</b>
5.	Strdl Jmp; Jump 1/1 & Sissone to Switch Leap, Swing Hop & 1.5 Turn
To Advance to Level 5 / Xcel Platinum	
1.	Score a 35.000+ All Around on a USAG Level 5 Apollo In-House Competition

