

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

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

**Girls' Team Level 5/Xcel Platinum**

Flexibility	
1.	Left Leg Split with 6" Front Leg Elevation
2.	Right Leg Split with 6" Front Leg Elevation
3.	Straddle Split with 6" Non-Dominant Leg Elevation (on chest)
4.	Pike Sit & Reach (full torso compression with arms over head)
5.	3 x Bridge Up & Down on the Beam (shoulders extended each rep)
Strength	
1.	20 Arch-Hollow-Pull-Ups
2.	20 Leg Lifts
3.	3 Rope Climb In Straddle L-sit
4.	2 Press Handstand
5.	Handstand Hold, 30 seconds (walking allowed)
Vault	
1.	R-off onto Spring Board, BHS onto Table, Stand on Mat Stack
2.	Tsuk Tuck into Free Foam
Uneven Bars	
*1.	Glide Kip, Cast Handstand, Glide Kip, Cast Squat On
*2.	Glide Kip, Cast Handstand, Clear Hip Handstand
3.	2 Cast Handstands
*4.	Long Hang Kip, Cast Handstand, Layout Flyaway
5.	10 Back Giants in Straps
Balance Beam	
*1.	Back Walkover, Back Walkover
*2.	Back Handspring
3.	Split Leap, Pike Jump & Split Jump, 3/4 Jump & 1/1 Turn on Left and Right Leg
4.	Cartwheel, Back Salto Layout Dismount
5.	Back Walkover, Back Handspring on Low Beam
Floor Exercise	
*1.	FHS Two Feet, Front Tuck
2.	Front Salto Layout
*3.	Round-off, Back Handspring, Back Salto Layout
4.	Round-off, Back Handspring, Back Salto 1/2 onto 8" mat in Free Foam
5.	Strdl Jmp with 1/2 Turn & Switch Leap, Swich Side & 2/1 Turn
To Advance to Level 6	
1.	Score a 35.000+ All Around on a USAG Level 6 Apollo In-House Competition

