

Gymnats Name: _____

Date: _____

Girls' Team Level 6

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.	10 Pull-Up to Lever
2.	10 L-Sit Leg Lifts
3.	1 Rope Climb In Pike L-sit
4.	3 Press Handstand
5.	Handstand Hold, 10 seconds (no walking allowed)
Vault	
1.	R-off onto Spring Board, BHS onto Table, Turnover on Mat Stack
2.	Tsuk Tuck onto 8" mat in Free Foam
Uneven Bars	
1.	Glide Kip, Cast Handstand, Clear Hip Handstand, Glide Kip, Cast Squat On
2.	Long Hang Kip, Cast Handstand, Clear Hip Handstand, Layout Dismount
3.	3 Cast Handstands
4.	Long Hang Kip, Cast Handstand, Back Giant, Back Giant, Layout Flyaway
5.	3 sets of Back Giant, Back Giant, Clearhip Handstand in Straps
Balance Beam	
1.	Back Walkover, Back Handspring
2.	Front Walkover
3.	Switch Leap & Straddle Jump, 3/4 Jump & 1/1 Turn Inward, Outward
4.	Round-off, Back Salto Tuck Dismount
5.	Back Handspring, Back Handspring on Low Beam
Floor Exercise	
1.	FHS Two Feet, Front Salto Layout
2.	Front Salto Tuck, Front Salto Tuck
3.	Round-off, Back Handspring, Back Salto 1/2
4.	Round-off, Back Handspring, Back Salto 1/1 onto 8" mat in Free Foam
5.	Strdl Jmp with 1/2 Turn & Switch Leap, Swich Side & 2/1 Turn
To Advance to Level 7	
1.	Score a 35.000+ All Around on a USAG Level 7 Apollo In-House Competition

