

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

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

### Girls' Team Level 7

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.	15 Pull-Up to Lever
2.	15 L-Sit Leg Lifts
3.	2 Rope Climb In Pike L-sit
4.	4 Press Handstand
5.	Handstand Hold, 20 seconds (no walking allowed)
Vault	
1.	Tsuk Tuck onto 8" mat on Hard Ground
2.	Yuerchenko Pike into Free Foam
Uneven Bars	
1.	Glide Kip, Cast Handstand, 1/2 Pirouette, Glide Kip, Cast Squat On
2.	LH Kip, Cast Handstand, Back Giant x 2, Clear Hip Handstand, Layout Dismount
3.	Cast Straddle Handstand in Under Hand Grip
4.	Long Hang Kip, Cast Handstand, Back Giant, Back Giant, Double Back Flyaway
5.	10 Front Giants in Straps
Balance Beam	
1.	Back Handspring, Back Handspring
2.	Front Handspring <b>or</b> 1 Arm Front Walkover
3.	Switch Leap, Straddle 1/2 & Split Jump, Split 1/2 & 1/1 Turn w/ Leg Horizontal
4.	Round-off, Back Salto Layout Dismount
5.	Back Handspring, Back Layout on Low Beam
Floor Exercise	
1.	FHS Two Feet, Front Salto Layout, Front Salto Pike
2.	Front Salto 1/1
3.	Round-off, Back Handspring, Back Salto 1/1
4.	Round-off, Back Salto 1 1/2 onto 8" mat in Free Foam
5.	Popa & Switch Leap, Swich 1/2 & Wolf Jump, 2/1 Turn
To Advance to Level 8	
1.	Score a 35.000+ All Around on a USAG Level 8 Apollo In-House Competition

