

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

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

### Girls' Team Level 8

Flexibility	
1.	Left Leg Split with 6" Front Leg & Back Leg Elevation
2.	Right Leg Split with 6" Front Leg & Back Leg Elevation
3.	Straddle Split with 6" Both Leg Elevation (on chest)
4.	Pike Sit & Reach (full torso compression with arms over head)
5.	3 x Bridge Up & Down on Beam (shoulders extended each rep)
Strength	
1.	20 Pull-Up to Lever
2.	20 L-Sit Leg Lifts
3.	2 Rope Climb In Pike L-sit
4.	5 Press Handstand
5.	Handstand Hold, 30 seconds (no walking allowed)
Vault	
1.	Tsuk/Yuearchenko Pike onto 8" mat on Hard Ground
2.	Front Handspring Front Salto into Free Foam
Uneven Bars	
1.	Release Move from High Bar to Low Bar
2.	Release Move from Low Bar to High Bar
3.	Cast with Cal Hop x 3
4.	Blind Change to Handstand
5.	Front Giants x 3
Balance Beam	
1.	Back Tumbling Series with One Flight and One Salto Element
2.	Front Tumbling Series with One Flight Element
3.	Switch Leap, Straddle 3/4 & Split Jump 1/1 & 1/1 Turn w/ Leg Horizontal, Jump 360°
4.	Round-off, Back Salto Layout 1/1 Dismount
5.	Front Aerial or Side Aerial on Low Beam
Floor Exercise	
1.	FHS Two Feet, Front Salto Layout, Front Salto Layout
2.	Front Salto 1/1, Front Salto Tuck
3.	Round-off, Back Handspring, Back Salto 1 1/2, Front Pike
4.	R-off, Back Double Back Salto onto 8" mat in Free Foam
5.	Popa & Switch Leap, Swich 1/2 & Wolf Jump, 2/1 Turn
To Advance to Level 9	
1.	Score a 35.000+ All Around on a USAG Level 9 Apollo In-House Competition

