

Green

Vault

Handstand flat back on resi mat
Hurdle drill off spring board to straddle jump land

Bars

2 glides (legs in front)
Pull over
Cast back hip circle
Leg cut over bar
Leg cut back over bar
Straddle sole circle dismount
Squat on, on white bar

Beam (high beam)

Mount, swing leg over and squat on
two kicks forward (straight legs, kick at horizontal without bending bottom leg)
Arabesque (hold 3 gymnastics)
Forward roll (medium beam)
Lever, touch hands on the beam with straight legs-> back to lunge
Handstand (legs close at vertical)
Pivot turn
Straight jump
Split jump (straight legs, 30 degrees)
Side handstand dismount (land on same side)
Cartwheel (low beam)

Floor

Two forward rolls connected without hands for stand up
Cartwheel, cartwheel(straight legs, land and finish)
Run to hurdle round off
Back handspring over barrel
Backward roll (on floor)
Candlestick
Back bend
Kick over (on floor)
Chase, step, split leap
Straight jump, split jump (connected)
Handstand forward roll (without spot)