

## Purple

### Vault

Handstand flat back (showing block) on resi mat  
Power hurdle drill off spring board to straddle jump land  
Front bouncer on trampoline

### Bars

2 glides  
Pull over  
Cast back hip circle  
Leg cut over bar, Front mill circle  
Leg cut back over bar  
Front hip circle (with spot)  
Straddle sole circle dismount  
Squat on, on red bar raised

### Beam

Mount, swing leg over and squat on  
two kicks forward (straight legs, kick at horizontal without bending bottom leg)  
Arabesque (hold 3 gymnastics)  
Scale (hold 2 gymnastics)  
Forward roll (high 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, 90 degrees)  
Cartwheel (medium beam)  
Side handstand dismount (land on same side)

### Floor

Two forward rolls connected without hands for stand up  
Cartwheel, cartwheel(straight legs, land and finish)  
Run to hurdle round off  
Back handspring down wedge mat  
Backward to push up shape, squat jump in to stand up  
Back walkover  
Chase, split leap  
Straight jump, straddle jump  
Handstand forward roll  
Handstand bridge stand up (front limber)