

## Rainbow

### Vault

Handstand flat back (showing block) on resi mat  
Power hurdle drill off spring board to straddle jump land  
Front boulder on trampoline, up to two 8 inch

### Bars

Glide kip with spot  
Cast back hip circle  
Leg cut over bar  
Front mill circle  
Leg cut back over bar  
Front hip circle (without spot)  
Pike sole circle dismount  
Squat on, red bar

### Beam

Mount, swing leg over and squat on  
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 (high beam)  
Side handstand dismount (land on opposite side of beam)

### Floor

Straight jump, straddle jump  
Handstand forward roll  
Handstand bridge, kick over, finish  
Chase split leap -> leg up jump  
Full turn  
Back walkover  
Two forward rolls connected without hands for stand up  
Cartwheel, cartwheel(straight legs, land and finish)  
Run, hurdle, round off back handspring (with spot)