

Red

Vault

Squat on to vault

Hurdle drill off panel mat

Bars

Jump to front support 3 casts

Forward roll to chin hold

Beam (low "real" beam)

Mount, swing leg over and squat on

Two kicks forward

Lever -> back to lunge

Pivot turn on releve

Straight jump

Tuck jump off side of beam dismount

Floor

Forward roll

Cartwheel

Candlestick

Lay down, bridge

Split leap

Straight jump

Split jump

Handstand