

Blue

Vault

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

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 white bar

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 (heel on foot)
Straight jump, Split jump (straight legs, 30 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 over barrel (up to 8 inch)
Backward to push up shape,
Squat jump in to stand up
Back bend, Kick over (on floor)
Chase, split leap
Straight jump, split jump (90 degree split)
Handstand forward roll
Handstand bridge stand up (front limber)