

Boys Beginner**FLOOR**

Handstand

Forward Roll

Backward Roll w/block

Cartwheel (star)

HIGH BAR

10 Sec. Chin-Hold or 3 Chin -ups

Half Turns

Pullover (assisted with bar/mat)

Forward Roll to Chin-up

P-BARS

Support travels length of bars

L-Hold 15-Seconds+

Tuck hold 10 seconds/low planche

VAULT

Arm circle straight jump (same height)

RINGS

L-Hold

Chin Hold

POMMEL HORSE

Walks down horse

Swing to quarter