

**Boys Intermediate****Floor**

Handstand Forward Roll Straight Arms

Straight Arm Backward Roll to Pushup

Cartwheel Step Together

Hurdle Roundoff

**High Bar**

10sec Chin Hold

Feet Together Pull Over

Cast Back Hip Circle

**P-Bars**

Straddle J Hold - 5 Seconds Against Wall

3 Swings Above Horizontal

Tuck Planche

**Vault**

Straight Jump w/ Arm Swing

**Rings**

5sec Chin Hold to 5sec L-Hold

Swing to Inverted Hang

Skin the Cat + Pull through

**Pommel Horse**

Full Circle on pommel trainer (mushroom)