

acroph

32M Apparatus Work

Nine Weeks

Suggested Text: Apparatus Work
by Zwarg

Horizontal Bar:

a. Low

1. Hang lying position frontways
2. Support-stand frontways
3. Cross-hand knee hang
4. The hang-stand rearways
5. Front support
6. Knee swing up

b. High

1. Support frontways with under grip
2. Upper-arm hang
3. Bent-arm hang with undergrip (beginning)
4. Bent-arm hang (cross) with mixed grips.
5. Inverted squat hang
6. Inverted hang rearways
7. Swing
8. Knee swing-up
9. Swing change grips
10. Upstart

Parallel Bars

1. Cross stand front ways outer grip
2. Inner side stand, upper grip
3. Inner side stand, mixed grip
4. Inner side stand, under grip
5. Cross hang lying position frontways
6. Side hang lying position frontways
7. Cross support frontways
8. Shoulder stand
9. Uprise
10. Upstart
11. Front vault Right and Left
12. Rear vault Right and Left

Horse

a. Side

1. Support frontways
2. Support rearways
3. Squat stand in saddle
4. Straight stand in saddle
5. Knee stand in saddle
6. The front vault
7. The flank vault