

HIGH BAR

10 Chins

3 Skin the cats

2 Monkey Hangs

3 Belly grinds

Skin cat, belly

grind & skin cat

Monk. hang, skin cat

& monkey hang

8 chins to back of neck

One arm chin

Back hip circle

Single leg swing-up

PARALLEL BARS

10 dips

Grasshpr wk-5 dips

8 swinging dips

Shoulder balance

Back uprise

Front roll from sit

Back roll from sit

Single leg cut-off

Double leg cut-off

Front uprise to

straddle seat

SIDE HORSE

Squat vault

Kneel, jump to stand

Scissors on end

Wolf vault

Thief vault

Neck spring

Front seat to

straddle seat

LOW PARALLEL BARS

$\frac{1}{2}$ lever, 20 sec.

Shoulder bal - 10 sec

Hand bal - 5 secs

Squat bal. press to

shoulder bal

HORIZONTAL LADDER

Length-2 hand jump, fr.

Length-2 hand jump, bck.

TUMBLING

10 sec head bal

Forearm bal

Head bal. clap hands

Head bal. from sqt bal

Snap up

Hand bal. 5 secs

25 push ups-50 sit ups

Squat bal-20 secs

V pos. 2 min

Skip fr. & bk over leg

40 squat jumps

Handspring

Push up, clap hands 25 t.

ROPE CLIMB - 8 secs