

3. Horizontal bar

1. chin (any grip)
2. Hang. Raise knees
3. Hang. Raise legs
4. Hang. Swing feet forward and upward over the bar to a support.

6. Low bar

1. Side vault
2. Front vault
3. Bar vault for height

7. Horse and buck

1. Front vault right, left
2. Straddle vault
3. Squat vault
4. Double one half leg circle right, left
5. Vault for height
6. See any text for other exercises.

8. Stall bars

1. Hang facing bars-chinning
2. Hang back to bars. ~~flex raise knees~~, raise legs

9. Horizontal ladder

1. Chin
2. Travel forward
3. Travel sideward
4. Hang, raise knees, legs

10. The above activities are only suggestive as to what can be included for ~~that~~ ^{each} piece of apparatus.