

INTERMEDIATE GYMNASTICS

GOALS



BARS

PULL OVER FROM FLOOR

BACK HIP CIRCLE

GLIDE SWINGS

SWINGING REGRIPS

LANDING/BOUNCING

LEVER KICK FORWARD ROLL

STRAIGHT ARM BACK ROLL (MAT)

FLIPPING SHAPES ON TRAMP

HANDSTAND TO TIGHT BACK FALL

BHS DRILLS

HURDLE, JUMP UP

BEAM

RAISE TO RELEVÉ HOLD

SPLIT JUMP

SMALL HANDSTAND

FULL SIDE HANDSTAND

FLOOR

FULL HANDSTAND

STRONG CARTWHEEL

ROUND-OFF DRILLS

BRIDGE STAND UPS

BACK BEND, KICK-OVER

STRENGTH

PUSH-UPS

CRUNCHES

HOLLOW HOLD

SQUATS

ROPE 7 STEPS

LEG LIFTS & PULL UPS