

# BEGINNER GYMNASTICS GOALS



## BARS

PULL OVER FROM MAT

CIRCLE AROUND THE BAR

CASTING

HIGH HAND/WALKING REGRIPS

## LANDING/BOUNCING

MOVING SAFETY LANDINGS

FRONT, SIDE, BACK ROLLS

BODY SHAPES ON TRAMP

HURDLE

HANDSTAND TO TIGHT BELLY FALL

## FLOOR

SMALL HANDSTAND

CARTWHEEL

HANDSTAND TO BRIDGE (MAT)

BRIDGE KICK-OVER (MAT)

STAND TO BRIDGE (MAT)

## STRENGTH

PUSH-UPS

SIT-UPS

HOLLOW HOLD

ROPE 3 STEPS

CHIN HOLD & PULL-UPS

“L” HOLD

## BEAM

PIVOT TURNS

STRAIGHT JUMPS

LEVER KICK

SMALL SIDE HANDSTAND