

Boys Division 3 Chart

Gymnast: _____

Day: _____ Time: _____

*All holds and hangs for 5 seconds



<u>Floor</u>	<u>Pommels</u>	<u>Still Rings</u>	<u>Vault</u>	<u>Parallel Bars</u>	<u>High Bar</u>	<u>Tumbl Trak</u>	<u>Strength/Flex</u>
Headstand	Front Support Travel	5 swings to invert	Donkey kick to HS flat back	3 swings to push up dismount	3 casts (3 rd to horizontal)	Jump back to flat back	30 second hollow body
90° Scale	Sliders in Front Support	*L hang at 90°	Form Run	Fwd. Straddle Travels	Cast back hip circle	Bwd jumps to safety roll	Bridge with shoulders over hands
Roundoff-rebound	Raised Rear support :30	Inverted Pike	Straight jump to table	5 dips	5 tap swings	Push Up bounce	3 pull ups 3 chin ups 3 leg lifts
Burn Lean Lunge HS	3 Hammock circles	Spotted support hold	5 handstand shrugs against wall	Support walks Down and back	5 Glide swings	Donkey Kicks to HS	Silks climb
Straight arm fwd/bwd rolls	5 upper arm circles on PB	German hang to pike invert	Dive roll onto system	Upper arm swings	½ turn legs together to Pull over	Combination jumps	Flat pancake

