

Intermediate 2 and Advanced Girls

Train the following skills:

Vault

Half on onto the mat stack
Handstand onto the table
Handstand off table
Front Handspring with a spot
Handstand flat back over the table and on the mat stack

Bars

Pullover
Back hip circle
Back hip circle underswing
Mill circle with spot
Squat on
Kip with spot

Beam

Releve hold for 20 seconds
Straight, tuck, and split jumps
L-handstand and full handstand on high beam
Cartwheel on low beam and on high beam with spot
Roundoff, FHS and front tuck dismount

Floor

Roundoff, Aerials, Front tucks
Handstand pop
Front and back walkover
Front handspring
Roundoff back handspring with a spot and on tumble trak