

DEVELOPMENTAL BOYS ROUTINES

FLOOR EXERCISE

See Saw or Handstand
Forward Roll
Jump ½ turn
Candlestick or Backward Roll
X Cartwheel

VAULT

Run Straight Jump

PARALLEL BARS

5 Swings Land

MUSHROOM

“Around the world”

- With hands out run around the mushroom understanding the circling movement

RINGS

Chin Hold 3 sec.
Tuck Hold 3 Sec
5 Swings stop

HIGH BAR

Chin Hold 3 sec.
Tuck Hold 3 sec.
5 Swings land

ADVANCED DEVELOPMENTAL BOYS ROUTINES

FLOOR EXERCISE

Handstand Forward Roll
Front Cartwheel to X Cartwheel
Backward Roll Tuck Stand
Jump to Straddle Stand
Press Handstand to roll out
Or Press to roll stand
Run Round Off

VAULT

Run Straight Jump

PARALLEL BARS

3 swings to straddle on rails
3 swings to land either between rails or over one rail

MUSHROOM

- ½ Circle to rear support
- ½ circle to dismount

RINGS

Chin Hold 3 sec.
Tuck or L Hold 3 Sec
5 Swings to candle
German Hang
Dismount

HIGH BAR

Hang ½ Turn legs together
Chin up hold 3 sec.
Tuck or L hold 3 sec
Pike arch back shoot out
5 swings showing hollow body in back swing to land