

POWER KID GIRLS

Vault

Arm Swing + Hurdle Concept
Straight Jump with Arm Swing
Run, Hurdle, Straight Jump
Rebounds

Uneven Bars

Pull Over (with coach)
Candlestick Hold (with coach)
3 Casts, Push Away
Forward Roll Dismount
Roll Down, Roll Up
Straddle Hold (swing)
Chin-Up Hold (3 seconds)

Balance Beam

Flat Foot Walks: Forward & Backward
Releve Lock (5 seconds)
Candlestick Hold (3 seconds)
Donkey Kick Handstand
Straight Jump
Straight Jump Dismount

Floor Exercise

Forward Roll (no hands stand-up)
Backward Roll
Open Handstand
Cartwheel (correct lunges)
1 Leg Bridge Balance (each leg, 5 seconds)

