

POWER KID BOYS

Floor Exercise

Forward Roll (no hands stand-up)
Backward Roll
Tripod Headstand (against the wall)
Headstand Hold (against the wall)
Kick to Handstand (against the wall)
Cartwheel (correct lunges)
Bridge (5 second hold)

Vault

Rebounds (hands support)
Smash & Swing (trapezoid to 8")
Run, Hurdle, Straight Jump (arm swing)
Jump to medium block

Pommel Horse

1/4 Walk Around (5 second hold on each)

Parallel Bars

Support Hold (10 seconds)
Tuck in Support Hold (10 seconds)
5 Baby Swings (with fold-up mats)

Still Rings

Straight Body Hang
Tuck Hang
Chin Hold
Candlestick
Flip Arounds
5 Swings

Bars

Support Hold (5 seconds)
5 Casts (hips must leave the bar)
Forward Roll Dismount (control)
Pull-Over (with box)
Travel Right & Left
1 1/2 Turns
5 Swings to Landing

