

BOYS CHAMPS 2

As gymnasts develop and master skills at the pace that's right for them, they advance into the higher levels and have opportunity to become part of the CGC Competitive Teams.

POMMEL HORSE

(PB) upperarm circles 5 in a row
Walk 10 in <15sec
20 Penguins good form
F/B support feet on M 30sec
Jump 1/2 & 3/4 good form
Slide 1/2 circle on FX M

RINGS

2 Pull ups unassisted
"L" hold 3sec
8 Swings proper hand movement
Assisted swing to Inverted hang
Inverted pike to Skin the Cat,
hold 3 sec
Skin the Cat drop to stick
C1/C2 15 in a row

P-BARS

Hold 60sec support
Support swing 10 in a row, no
spot
ST "L" hold 5sec
"L" hold 5sec
3 Swings between Dismount
>45 degrees, stick 3 in a row



STRENGTH

1 Pull up no spot 3 times
HS on the wall 60sec
20 Push ups good form
Hollow hold 60sec
Arch hold 60sec
"L" hold 10 sec on FX
20 burpees non stop
5 Box jumps sticks in a row
Air squats 15 in a row
No spot 3 in a row leg lifts

VAULT

Lunge arm circle punch up panel
Run hurdle over panel punch (FX)
Run hurdle punch, jump over box
Springboard jumps 30 in a row,
good form
Short step 20sec
Spring 10 lengths of the vault
runway

HIGH BAR

Beat taps 10 in a row
Chin to bar spotted pullover
3 horizontal cast no spot
Undershoot to box spotted
5 taps swings dismount,
stick 3 in a row
J Hold 8 sec/TTB 8sec

FLOOR

Kick lunge R/L
Handstand 2sec hold
Handstand forward roll
Cheese backward roll
Headstand 3sec hold
Back 3/4 spotted
Power hurdle



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