

# BOYS CHAMPS 1

This class is for boys who would like to increase their flexibility, agility and balance. It offers introduction to parallel bars, high bar, vault, floor, pommel horse, and rings. They will also gain more muscle strength and body control.

## POMMEL HORSE

Feet on Mushroom F/B support 10sec  
(PB) upper arm hold 10sec  
Walk 5 circles  
5 Penguins good form  
Slider walk 30 feet



## RINGS

1 Pull up unassisted  
Tuck "L" hold 10sec  
5 Swings proper hand movement  
Inverted pike hold 3sec unassisted  
Skin the cat hold 3sec  
FX 10 Arch Rockers good form  
C1/C2 10 in a row

## P-BARS

Hold 30sec support  
Spotted 5 support swings  
Tucked "L" hold 10sec  
"L" hold 3sec  
3 Swings between dismount,  
horizontal stick 3 in a row

## STRENGTH

Spotted pull ups 5 in a row  
HS on the wall 30sec  
10 Push ups good form  
Hollow hold 20sec  
Arch hold 20sec  
"L" hold 5 sec on FX  
10 burpees non stop  
3 Box jumps stick in a row  
Air squats 10 in a row  
Spotted leg lifts 5 in a row

## VAULT

Lunge jump to 2 feet on to panel mat  
Springboard jumps 20 in a row good form  
Panel mat runway hurdle to punch up box  
Foot on and off panel mat 30sec  
Run hurdle punch to box (no panel runway)  
Spring 5 lengths of the fault runway

## HIGH BAR

Beat taps 5 in a row  
3 Pull ups spotted  
5 Spotted casts in a row 45 degrees  
Tumbltrak wiggle worms 10sec  
3 Tap swings on the trapeze  
J Hold 5 sec/TTB 5 sec

## FLOOR

Forward/Right/Left Chasse  
Headstand forward roll  
Panel mat cartwheel kickover  
Cheese F/B rolls  
Back drop straight legs!! On 8"



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