

GIRLS CHAMPS 1

If you are looking for a beginning activity to build your daughter's confidence, strength, and coordination, Girls Champs 1 is for her! This class offers beginning basics on vault, bars, beam, floor and tumbletrak.

VAULT

Correct Board Shape
Fast Run Down the Runway
Kick to Handstand Flatback
on 16" Mats
Run Punch Squat/Straddle
onto Block Jump Off Stick
Run Punch Dive Roll
on 16" Mats

STRENGTH/FLEXIBILITY/SHAPES

4 Push Ups
3 Spotted Pull Ups (*chin above bar*)
3 Spotted Leg Lifts (*toes to bar*)
4 Frog Jumps
4 V-Ups
10 Hand Steps up the Rope
Bridge
Straddle Pancake
Pike with Nose to Knees
Candle Stick Shape



BEAM

Jump to Support Swing to
Straddle Sit
Tuck Sit to Stand Up
Hops Across Beam
Backward Walks
Passe Hold 5 Seconds
Tuck Stand, Pike Stand,
Stand Up
Spotted 3/4 Handstand
Dismount

BARS

Glide Swing Shape
Spotted Pull Over
Front Support Hold 10 Sec
3 Casts with Hips off Bar
Spotted Roll Forward Over Bar
Spotted J Hold Shape 10 sec

FLOOR

3/4 Handstand
Cartwheel
Forward Roll
Back Roll to Straddle Stand
Straight Jump
Tuck Jump
Forward Chasses
Picot Turn



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