

# GIRLS RISING STARS

This class is prerequisite for athletes who wish to pursue the competitive path. Classes are held 2 times a week and prepares them for competing in the future. Enrollment is by invitation only

## VAULT

Correct Board Shape  
Spring Down the Runway  
Kick to Handstand Flatback  
On 8" Mat  
Run Punch Handstand  
Flatback on PP

## STRENGTH/FLEXIBILITY

### SHAPES

8 Push Ups  
3 Pull Ups (Chin above Bar)  
3 Leg Lifts  
8 Frog Jumps  
8 V-Ups  
1 2 Rope Climb  
Bridge with Straight Legs  
Right Leg Split 80%  
Left Leg Split 80%  
Middle Split 80%  
Pike with Nose to Knees

## BEAM

Jump to Support Swing to  
Straddle Sit  
Releve Walks  
Straight Leg Kicks Forward  
and Backward  
Straight Jump  
Tuck Stand, Pike Stand, Needle Kick  
Stand  
Passe Walks  
Side 3/4 Handstand  
Dismount

## FLOOR

3/4 Handstand  
Cartwheel  
Back Roll to Tuck Stand  
Bridge Kickover off Panel  
Tuck Jump  
Split Jump 60\*  
Forward Chasse Kick  
Pivot Turn

## BARS

Glide Swing with Pink Roller  
Step Kick Pull Over  
3 Casts in a row with  
Hips off Bar  
Roll Forward Over Bar  
Spotted Back Thigh Circle  
Shooting Star in Straddle

**CHAMPION**  
GYMNASTICS

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