

# GIRLS CHAMPS 3

As girls develop their skills, they are advanced into higher levels where they will learn more challenging elements that requires self-discipline, increased strength and flexibility.

## VAULT

Handstand Block  
Correct Board Shape  
Spring (Accelerated) Down the Runway  
Run Punch Straight Jump on PP  
Kick Handstand Flatback  
Run Punch Handstand Flatback on PP



## BEAM

Pivot Turn  
Arabesque  
Straight Jump  
Split Jump 60\*  
Hiccup Handstand  
Side Handstand Dismount  
Round Off Dismount

## BARS

Glide Swing  
Pull Up Pull Over  
Cast to 45\*  
Back Thigh Circle  
Shooting Star in Tuck  
Underswing

## STRENGTH/FLEXIBILITY

### SHAPES

10 Push Ups  
5 Pull Ups (Chin Above Bar)  
5 Leg Lifts (Toes to Bar)  
15 Frog Jumps  
15 V-Ups  
Full Rope Climb  
Competition Bridge  
Right Leg Split  
Left Leg Split  
Middle Split 80%  
Pike with Nose to Knees  
Hands Reach Flat Past Heels

## FLOOR

Vertical Handstand  
Cartwheel Step In  
Power Hurdle Round off Rebound  
Straight Arm Back Roll  
To Push Up  
Competition Bridge Kickover  
Split Jump 90\*  
Forward Chasse Leap 90\*  
Forward Passe 1/2 Turn



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