

# BOYS FUTURE STARS

Future Stars is the base requisite to our competitive team. At this level boys do not compete, but rather work towards their higher level skills while gaining confidence, a strong work ethic and determination to become a competitor on our CGC team. This class is by invitation only.

## POMMEL HORSE

(PB) upperarm circles 10 in a row  
Jump 3/4 good form  
F/B support hold 90sec  
Full Circle  
Slide full circle on FX M

## RINGS

3 Pull ups unassisted  
"L" hold 5sec  
15 Swings proper hand movement  
Unassisted swing to Inv hang  
Inv pike to Skin the Cat hold 3sec  
Tucked back level hold 3sec

## P-BARS

Hold 90 sec support  
Support swings 15 in a row  
ST "L" hold 10sec  
ST tucked "V" hold 3sec  
3 Swings between >45 deg

## STRENGTH

5 Pull ups no spot 3 times  
HS on the wall 90sec  
30 Push ups good form  
Hollow hold 90sec  
Arch hold 90sec  
"L" hold 15sec on FX  
30 Burpees non-stop  
8 Box jumps sticks in a row  
Air squats 20 in a row  
No spot 5 leg lifts

## VAULT

Lunge arm circle punch board at jump stick  
Run hurdle over panel with arm circle at jump, good form  
60' Spring in under 4sec  
10 Band straight jumps arm over head

Short step 40sec  
<7 min "22"

## HIGH BAR

Beat taps 15 in a row  
Pull up pullover  
3 cast 45 degrees  
Undershoot to box no spot  
10 Tap swings  
10 Tap swings, dismount stick  
3 in a row

## FLOOR

Kick above stomach lunge hold 3sec  
Cartwheel cartwheel step together  
Backward roll to push up  
Kick handstand 1sec hold  
St press headstand 3sec hold  
Back 3/4 puppy unassisted